my trip aboard the STS Leeuwin II - Claire Chandler

In September this year, all thanks to St John and the Northern Territory Youth Council, I joined the crew of Australia’s largest ocean-going tall ship, for an eco ocean adventure around the beautiful Kimberleys. Having never been to WA it was my descent into Broome aboard a small aircraft which gave me my first breathtaking impression. I caught a taxi down to the end of Cable Beach, dumped my luggage in the red dirt, sat and waited. Eventually I caught sight of several people looking as equally confused and out of place as I was, so we merged into a pack. To be truthful, I thought that I was going on one of the youth voyages, so I was quite surprised to note that the average age of the group I’d just introduced myself to was 45. Once we were all shipped out to the Leeuwin my excitement truly set in! They took us all on a tour of the ship, assigned us into bunks and coloured watches (teams for the different shifts) and taught us…wait for it…how to steer! I felt quite special spinning that giant wooden wheel. The trip was a perfect balance of sailing, sight-seeing and nature talks. I was amazed to see my first sea turtle ever, within just five minutes aboard!

Aboard the Leeuwin, I got to climb up top of islands, wade through reefs and witness ancient aboriginal rock art. The people aboard the ship were really inspirational; sitting upon the deck under a blanket of stars heard so many life stories. I learnt about the night sky, about mangroves and also perfected my Brasso skills (during the daily scrubbing of the deck). Just picking one highlight from my journey is difficult but I’d say it’s a close call between unfurling the topsail 25m up a mast at sunset and seeing a whale giving birth. One of the greatest challenges was climbing the highest
sail (34m), which I conquered on the second last day. Right at the top of the mast, there is a secret message; I’d tell you, but that would defeat the point entirely! Team work was an absolute essential aboard the ship. I learnt the importance of encouragement and the effectiveness of a good sea shanty whilst hoisting the main sail. The Crew was amazing; they were all so knowledgeable and eager to assist.

Just last week I received a letter in the mail, inviting me back aboard as a volunteer cook’s mate. I sprinted to my telephone immediately to reply a definite yes! A voyage aboard the Leeuwin is a must for anyone who ever has the opportunity to go aboard. If you’re aged 16-25 I encourage you apply when the funding comes around again next year. It’s one experience that you will never, ever, ever forget.

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**International Cadet Camp**

Cadets from Australia have been invited by the England Priory to attend an International Camp in the UK from the 16-22 August, 2009.

We are pleased to announce that the 4 person competition team that will be funded to attend will be made up from eligible members of the;

- winning champion cadet team
- winning champion cadet individual

from the National Cadet Competitions to be held in Canberra in January 09.

To be eligible members need to be aged **14-17 years old at 16-22 August 2009**, and have parental
permission to attend. If any member of the above is or becomes ineligible (for other reasons) we will then look at members of the team/individual that placed second, then third and so on until an appropriate group can be selected.

The National Office will also be funding an additional cadet ambassador place, see next article for details.

In addition to the competition team, cadet ambassador and supervising adults there are still spots available for cadets 14-17 years old at 16-22 August 2009 to join the Australian contingent.

If you are interested in coming please contact Emma Robertson via youth@stjohn.org.au or 02 6239 9203 now! To join the contingent you will need to submit an OB13B and make an initial deposit ($500) by 1st December 2008. A ballot system may be used if more applications are received than places available

Estimated cost is approximately $4,000 (which includes camp fees, international airfares and transfers and an extra night’s accommodation to/from London)

- Passport is a must
- Second payment due in late February, with a final payment due 6 weeks before travelling
- As the camp is during the school term – permission to take leave may need to be discussed with your school principal
- 3 supervising adults will be accompanying the contingent members

If you’re interested in attending, it’s time to act!!!!

**Cadet Ambassador place for International Cadet Camp**

We are really excited to announce a fantastic opportunity for one cadet to be fully sponsored/funded nationally to attend the upcoming ‘Gather ‘09’ International Cadet Camp in England next year, as an ambassador for the Australian Cadet Program.

To apply for this opportunity you must be **aged between 14-17 years as at 16-22 August 2009** and submit an application by **15th December 2008**. The application needs to include;

1. A creative project in the format of the candidate’s choice (could be an essay, video/short film, PowerPoint, poster, piece of music etc) with the theme: **How would you promote St John Ambulance Australia internationally?**
2. A written reference (this can be from someone external or internal to St John) outlining the candidate’s suitability to be an international ambassador.
3. An application form (which will be available to downloaded from the member’s area of the national website [www.stjohn.com.au](http://www.stjohn.com.au) username: onestjohn, password: member, or you can email youth@stjohn.org.au). The application form includes a section asking candidates to answer the following questions:
   - What do you think makes St John Cadets different to other youth development organisations?
   - If you could change one thing about the St John Cadet program what would it be?
   - What is your most memorable moment in St John and why?
   - Outline you achievements in St John to date

Once all the applications have been received they will be short listed and the relevant State Territory Cadet Officers will be contacted to provide an additional reference.

The shortlist and selection panel will be made up of the Chief Cadet Officer, National Youth Manager, Chair (or National Portfolio Position) of the Australian Youth Council, and one of the current S/T Cadet of the Year Award Recipients.
Expression of Interest – International Cadet Camp Contingent Manager

Expressions of Interest are being called for the position of **Contingent Manager** for the cadet competitors and other members attending the International Cadet Camp and Competition in **England from 16-22 August 2009**.

Suitably qualified members who wish to apply for this position should send an Expression of Interest (EOI) to the chief Cadet Officer by **1st December 2008** at chief.cadet@stjohn.org.au.

Your EOI should outline your experience in organising a contingent camps and travel, team building, competitions and training competitors. EOIs should also include a brief plan on how you expect to meet the training needs of the group (which may come from different parts of the nation) and your ability to dedicate time and energy to this demanding position.

The successful applicant will need to prepare and manage the contingent (up to 20 people) for the International Camp, assist the National Youth Manager with travel arrangements, conduct a contingent camp/workshop prior to departure and assist in the supervision of the contingent during International Camp. The cost of attending the camp will be covered by the National Office.

For further information please contact the Chief Cadet Officer, Ms Helen Banu-Lawrence, on 0418223666.

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**Annual Parade**

Kalymnian Hall

**Sunday 16th November, 2008**

- Parade to commence at 4.00 pm
- Guests are requested to be in attendance by 3.45 pm
- Volunteers to be in attendance by 3.00pm
- Refreshments will be served after
- Members, family, friends and St John Staff are invited

RSVP (essential) Telephone 89226205 or 89226234 by Monday 10th November, 2008

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**Annual General Meeting**

Attention all St John staff and members

The 31st Annual General Meeting is being held on **Wednesday 19th November** in the Training Halls at Casuarina Centre at 5.30pm.

All those interested in attending should email debbie.downs@stjohnnt.asn.au by no later than Wednesday 12th November.

If you will be attending, please be seated prior to 5.30pm.

Refreshments will be served at the conclusion of the meeting.

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**Important Dates**

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<td>Training Meeting</td>
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<td>Sat 15th Nov</td>
<td>Members Dinner</td>
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<td>Sat 22nd Nov</td>
<td>Historical Group Reunion Day – Parap Centre</td>
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<td>Sat 6th Dec</td>
<td>Management Development Course – Darwin</td>
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<td>Sun 7th Dec</td>
<td>Management Development Course - Darwin</td>
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<tr>
<td>Fri 12th Dec</td>
<td>St John Christmas Party</td>
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Hello all

Some of you might know that I used to work at the Flinders Clinical School up here in NT. I’ve been contacted by the Executive Officer there, Mary Pocock (number 8922 7785) who is looking for ‘actors’ to participate in the summative OSCE.

For those who might not know, the OSCE is an Objective Structured Clinical Examination whereby the third year (and some 5th year) med students rotate through a series of clinical stations being assessed on a range of presenting symptoms etc. Each station usually has an ‘actor’ or ‘standardised patient’ who has a script and needs to be able to present the same way to all the students in the exam. In each station is an examiner, usually a consultant for the relevant discipline.

This year, they need some males 25 years old, females 25 years old, and a male 20-60 years. If you would like to have a great time on 14th November 2008, earn $35 per hour, and attend a short training session beforehand with the consultant (to learn your lines and symptoms), then can you contact Mary Pocock as soon as possible.

Having been involved in organising a few of these in my time, I can say you’ll have a really interesting and fun time! Though the medical students don’t!!

### Dates of significance

**Tuesday 4th November** is Melbourne Cup Day


The history of the Cup dates back to 1861, the resultant brain child of Captain Frederick Standish, one time VRC Chairman and former Chief Commissioner of Police in Victoria. As a former member of the Victoria Turf Club he conceptually founded the great race with the club committed to offering modest prize-money and a hand beaten gold watch. The conditions for the race would state "a sweepstakes of 20 sovereigns, 10 sovereigns forfeit or 5 sovereigns if declared, with 200 sovereigns added money".

**Thursday 6th November** starts the 16 Days of Kindness:


**The first day - 6th November** - *Australia’s National Kindness Day* This day has been created to express the pride of living in Australia, and to celebrate our national identity, which has become wonderfully diverse through the assimilation of the many cultures that are now part of our society. It is also an opportunity to express the ANZAC spirit of ‘doing the right thing’, regardless of the odds or fears.

**The second day - 7th November** - *Good Neighbour Day*. This gives you the opportunity to interact with the neighbours and the neighbourhood. Getting to
know and react with the people who live in your neighbourhood, and being involved in small acts of kindness toward your community.

The third day - 8th November - My Day. A day to be kind to yourself, to pamper yourself. Who else is more deserving than you?

The fourth day - 9th November - Special People's Day. A day to acknowledge the special people in your life - loved ones and friends, as well as those who have made a positive impact upon your life.

The fifth day - 10th November - Work Day. A day to be kinder to your boss, your friends and associates at work, and also your customers and suppliers.

The sixth day - 11th November - Teacher's Day. A day to honour our children's educators, to acknowledge their dedication and hard work.

The seventh day - 12th November - Youth's Day. A day to honour youth, a day to concentrate on their many positive aspects such as their energy, creativity, their honesty of expression, and their idealistic endeavours to right the wrongs of the world.

The eighth day - 13th November - *World Kindness Day. A day to celebrate your role as a world citizen, a member of the global village, to discover the many similarities between yourself and people of different nations and cultures.

The ninth day - 14th November - Stop and Smell the Flowers Day. A day to consciously step off the whirling merry-go-round of life, to practise being in the moment, or "mindfulness". This allows you to appreciate the myriad of precious moments you miss by your rush to be somewhere else.

The tenth day - 15th November - The Environment's Day. A day for the environment, our eco system. An opportunity to support and give back to the environment, helping to reverse the trend of taking, destroying, and abusing.

The eleventh day - 16th November - *International Day of Tolerance. An opportunity to acknowledge all you meet, of giving people a 'fair go'. A day to tear down the walls that separate, and build bridges that join. A day to make a resolution to practice tolerance in every facet of your life. A day to do more than tolerate others, but to accept them with open arms.

The twelfth day - 17th November - Inner Peace Day. A good day to follow the International Day of Tolerance. World peace depends on peaceful co-existence, which is accepting others who we might perceive to be 'different' from us in some way - in race, religion, culture, and so on. We have inherited prejudices that are not based on fact, and these separate us from others. As long as these prejudices continue to exist, there will never be global peace. There is also another factor, and that has been identified by the Dalai Lama: "Without inner peace, it is impossible to have world peace."

The thirteenth day - 18th November - Forgiveness Day. A day to forgive and mend any squabbles and misunderstandings, a day to right past wrongs. Both to and from ourselves, groups, and nations.

The fourteenth day - 19th November - Senior's Day. A day to honour senior citizens, who represent the past, and who display the wisdom that age bestows upon people. There is a huge pool of experience and wisdom amongst seniors that has yet to be used to the best advantage.

The fifteenth day - 20th November - *National Children's Day. A day to honour children, who represent the future. A day to begin nurturing their kindness to ensure they will mature to be caring and responsible adults.

The sixteenth day - 21st November - Health Care People's Day. A day to give thanks to those in the caring professions - nurses, doctors, practitioners of all kinds, ambulance officers, carers and so on.
St John Ambulance
Christmas Party 2008

The Chief Executive Officer,
Mr Ross Coburn
requests the pleasure of your company
at the

St John Ambulance
Staff and Members’ Christmas Party
to be held at
the Kantilla’s Function Centre, Marrara
Friday 12th December
7pm for 7.30pm until midnight

A DJ will provide the Entertainment
St John members – no charge
Partners and invited guests $40.00 per person
payable prior to the night to Debbie Downs

RSVP to Debbie Downs by no later than
Friday 5th December
Ph: 8922 6202
CEO, Ross Coburn would like to extend an invitation to all St John staff and volunteers who have children, to come along to this year’s Christmas Party.

Venue: Lake Alexander, East Point Reserve
Date: Sunday 7 December
Time: 9am – 1pm
Facilities: Playground facilities are available, children can swim in the lake. Shade will be provided.

RSVP: **by no later than Friday 28 November** to
debbie.downs@stjohnnt.asn.au to avoid disappointment. Please advise name, age and sex of the child to ensure gifts are allocated correctly

- A BBQ brunch will be provided for all who attend.
- Santa will visit at 12pm
- Official party will end at 1pm but guests are welcome to stay on at East Point if they wish.
- For catering please advise the number of adults and children who will be attending.
- Children are classed as 12 years and under.
- RSVP’s must be advised at least 2 weeks prior, to ensure Santa has enough time to arrange his sleigh and avoid disappointing the kids! If you wish to bring children other than your own, a fee of $15 will be charged for each child.