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VOLUME 28 | 2017



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ST JOHN AMBULANCE AUSTRALIA (NT) Inc. & COLEMANS PRINTING



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# MESSAGE FROM THE CEO



**Welcome to the 2017 Outback Ambulance magazine and we trust 2017 will be kind to us all. In this edition we will highlight some of our key events from 2016 – it was certainly a year of achievement.**

In February 2016 we commenced a new 5 year Ambulance Service Contract which will allow St John to now manage the Services with support for changes in Service delivery models and with additional resources to meet the growing demand on our Services.

The Ambulance Service Enterprise Agreement negotiations finally settled and it is a credit to all our staff that at no time during these negotiations, did the standards of service delivery change. It is great to see all staff continue to uphold and work to our values of - Integrity, Respect, Quality, Dedication and Compassion.

I would especially like to take this opportunity to thank all of our valued supporters who have contributed to our success in some way during 2016, and we look forward to their continued support in 2017. The annual appreciation dinner for our sponsors last year was held at Foxy and Trish Robinson's ballroom which is a fantastic venue and allowed our donor family to relax and enjoy the evening.

Last year our marketing and fundraising areas were very busy with strong growth in our social media distributions and access. The fundraiser for the year was our raffle with the Paspaley Pearl as the major prize and this was a sell-out raising over \$12,000. The Commercial side of our business – First Aid Training, Contract Services and Workshop – continues to contribute strongly to the work of our Volunteer arm. Any margins earned from the NT Community using these activities of St John goes into supporting our Volunteers who support the community.

With over 600 Volunteers who delivered over 42,000 Volunteer hours in 2016, There is growing requests for our Services right across the Territory. We are proud of our Volunteers who meet this demand week in week out, without complaint. We also provide a first aid for schools program for students of all ages at no cost and this year we trained over 14,000 students. In some shape or form St John delivered First Aid education to over 35,000 Territorians.

The St John Ambulance NT annual Investiture and Awards Ceremony was hosted by His Honour the Honourable John Hardy AO KStJ, Administrator of the Northern Territory and Deputy Prior of St John Ambulance Australia (NT) and Mrs Marie Hardy at Government House on the 18 May 2016. It was a very enjoyable evening with many wonderful achievements acknowledged within the Order which included Admissions, Promotions, Priory Vote of Thanks, Volunteer Service Awards and Bars, Staff Service Year Awards and Paramedic Awards.

A Special thanks to the Rotary Club of Darwin Sunrise for the 17th year providing support to the Paramedic of the Year Awards which recognises the outstanding contributions our Paramedics provide to the community. The awards held on August 2016 received 22 nominations which is a wonderful reflection of our officer's dedication and professionalism. Congratulations to all our nominees and the award winners; Monique Fynn for New Practitioner; David Cowan for Peer Nominated; Steve Schrieke for Paramedic Southern Region; and Samantha Cooper for both – Paramedic Northern and overall NT Paramedic of the Year 2016. Congratulations Sam for the second time.

Finally, we are grateful to the Northern Territory Government for their ongoing support to St John Ambulance NT as the provider of Ambulance Services across the Territory and our heartfelt thanks goes to all staff and Volunteers for their wonderful dedication and hard work and a special thanks to all our community minded supporters.

**ROSS COBURN**

Chief Executive Officer

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# A PARAMEDIC INTERN IN THE NT – A PERSONAL EXPERIENCE

## A PARAMEDIC INTERN IN THE NORTHERN TERRITORY – A PERSONAL EXPERIENCE

**The NT – The land where every creature does not only want to kill you but has more than enough ability to follow through... It's beautiful, you will love it!**



"Do you want a job as a paramedic in Darwin?!?"... "YES PLEASE!!! Where do I sign?!?!". A few weeks after travelling to Darwin for an intensive 2 day interview process, I received the above call from the St John Ambulance Australia Northern Territory (SJAANT) recruitment officer. Working as a paramedic in the Northern Territory had been my dream and goal for a number of years... dreams were coming true!

The first question friends and family asked is, "Why the Northern Territory?" As I'm about to share the NT has a lot to offer, especially to paramedics. It's a place of great beauty, amazing waterfalls, stunning coastlines, terrific camping, friendly people, delicious food, and a great diversity of patient presentations.

***"It's beautiful, you will love it!"***

In Darwin, you are working in a small city of 120,000 people with a busy patient load. As a paramedic based in Darwin, it is not uncommon to do rural and remote work up to three hours out of town. Especially when the patient is very sick and the treating paramedic needs to work hard with their treatment during these long trips, it's common to walk into the emergency department and the staff thinking that the paramedic had

just run a marathon with the amount of sweat dripping down their face. Most paramedics would agree that there is not much more they look forward to during a busy shift than arriving back at the station for their break. In these busy times there's a look of surprise when both paramedics realise they both just had the rare experience of having enough time to finish their meal. If they are daring they might put the kettle on.



During the first day of paramedic induction all the fresh new graduate interns walk into the classroom nervous and excited. We called ourselves 'The Foxtrots', this is after we found out 'Foxtrot' was the clinical call sign on the radio for interns.

The first Foxtrot I met was Leo, from Victoria, then followed: Gareth (Victoria), Andrew – known as Curly (Tasmania), Jude (South Australia), Monique (Western Australia), Emily (Tasmania), Erin (Victoria) and me (NSW). There were of course two honourable 'Foxtrots' completing part of our induction. These were experienced paramedics Neil (Scottish – worked in Ireland) and Paul (from England, has spent the last 10 years as an experienced clinician around the developing world).

The Foxtrots instantly united as our new family away from home. The next five weeks of induction were full of laughs. This was followed by the non-clinical week at the end - the part that everyone was looking forward to... the driver training. This included: spinning out of control in a skid car, speeding as fast as possible in an ambulance around a race track, and heading into the bush for some epic 4WD training. Then the sad part came... the day the new family of Foxtrots were separated. Half of the Foxtrot family would work in Alice Springs and the other half would stay in Darwin. This was the beginning of our own on-road journey.

This was the beginning of the 'firsts'; when we all were very jealous in a sick paramedic way of the first person to perform intravenous (IV) cannulation, insert an laryngeal mask airway (LMA) down someone's throat, use the Intraosseous (IO) (bone) cannulation drill, first big motor vehicle accident (MVA), first resuscitation... I had one of the firsts – I was the first to have my bum pinched by a patient. When I mentioned this during my patient handover at the hospital bedside it caused a sudden giggle from the half a dozen female staff present. I was also the first, but not the last, to drop a stretcher on scene (not with a patient on it). As I turned red from this common newbie mistake as a result of not locking a latch on the stretcher properly when lowering it to half way, the very experienced Intensive Care Paramedic (ICP) I was working with calmly and reassuringly said with a slight grin, "Oh no, my mistake Trent, I meant to say let's half-height the stretcher". From that point I realised the paramedics in the NT had a great personality and cheeky humour.

My next two months were split between two excellent paramedics, a Scottish man who took me a while to understand. The usual friendly conversation included me saying, "Pardon?" a couple of times followed by a smile, laugh, and agreeing with whatever I couldn't understand. The second paramedic was Jeff, the experienced South African ICP from my first job. During these first two months I was frustrated at not being as competent as these two experienced paramedics. Both laughed at my frustrations and mistakes and then we all laughed knowing that every paramedic starts their journey at the beginning.



# A PARAMEDIC INTERN IN THE NT – A PERSONAL EXPERIENCE

The next four months were with Phil, an experienced paramedic from England. We would commonly reassure our patients stating with a grin that between the two of us, “We have twenty-seven and a half years’ experience... Phil has twenty-seven and I have half a year!” These four months I learned a lot from Phil. I learned how to become confident and competent in the job and how to keep my approach simple and appropriate.

The following six months were with Dave. Dave is another experienced paramedic from Scotland. Dave taught me how to make a patient comfortable, laugh, and smile simultaneously whilst assessing and treating them. Dave emphasised the great importance of working within a team. Dave also led by example in demonstrating the importance of keeping everyone happy from the cleaner, to the nursing home staff, to the bosses, to the hospital staff, to the police....and most importantly the coffee shops. I remember when reflecting with Dave on my practice and what I needed to improve on he said, “Trent, we do a very quirky and diverse job, the sooner a paramedic understands that and enjoys the different elements of the job and the unique side of people we encounter, the more enjoyable the job will become... paramedicine can be a funny job at times – so don’t forget to laugh and smile every moment you can”.

*“We have twenty-seven and a half years’ experience... Phil has twenty-seven and I have half a year!”*

Then there are the station officers, managers, and education team. These people support and keep the interns in line. I may have been guilty of needing to be kept in line on the odd occasion. This included a friendly reminder from one station officer that they often watch the CCTV footage of the main street on busy nights in town. I was also advised if I’m going to be delayed clearing from hospital because a friend has baked a cake and was sharing it that I should ensure there is enough for the bosses. The relationship with the bosses made it hard to get through a shift without having a laugh. They were always there to support me, discussing research, answering thousands of my questions and challenging their staff in a number of ways.

At one accident when a pedestrian had been hit by a car travelling at night on a 100 km/hr road I had been tasked by the lead treating paramedic to insert the IO (bone needle). I had practised this skill hundreds of times in the simulation room. Now I had to step up and apply this skill in real life. The station officer gently guided my trembling hand as I felt the pressure of the importance that this IO needle be inserted correctly to give this patient the best chance of survival. I wearily peered past my colleagues to the unresponsive person lying in front of me. The scent of alcohol was prevalent. I closed my eyes for a second, took a big breath and reassured myself that if she was unfortunate enough to feel to the very painful and almost medieval procedure it might mean she is not as sick as we were suspecting and the outcome for her might be survival... I pierced the needle through the skin; made contact with the hardness of the bone, I cautiously drilled the needle until I felt a pop of the bone and the needle was in the right place. It was an eerie feeling... I just drilled into a person’s bone... I drew back the bone marrow into a syringe... Relief!

It was successful and now we were able to administer medications and fluids to hopefully bide her time before the emergency operations she would need at hospital.

The NT! Oh what a funny place... It’s all true. One hundred percent of our jobs are attacks from crocodiles, venomous snakes, and deadly jellyfish. The majority of our patients are aboriginal. For the majority of the aboriginal patients, it is important to speak simple English and commonly known phrases unique to the Northern Territory. I take my hat off to this ‘mob’ (group of people), many speaking English as the third-to-fifth language and many coming from hardship and trauma. But boy do these people know how to have a laugh, and the kids can certainly be cheeky and full of fun.

Common phrases you learn in the NT include the pain scale – ‘small, medium, or big mob’s pain’, homeless/no fixed address – ‘long-grasser’, short of breath – ‘short wind’, assaulted by two or three people, ‘double banged’ or ‘triple banged’, allergic reactions – ‘do any medications make you sick?’ and past medical history, ‘any heart, sugar, kidney, liver, or breathing problems?’ Initially I thought these phrases were patronising. Common patients’ illnesses in the Northern Territory include: missed dialysis complications; cardiac problems including rheumatic heart disease; assaults; infected wounds exacerbated by tropical weather and dirt; road trauma; and non-adherence with medication and treatment.





# A PARAMEDIC INTERN IN THE NT – A PERSONAL EXPERIENCE

The Northern Territory has a road toll four times larger than the national average. The road toll was 49 for 2015. A number of factors appear to contribute to this: alcohol; speed; lack of seat belt use; excessive persons in cars; non-pedestrian friendly roads; and generally silly people.

*“It’s an adventure that’s hard not to love!”*

The Northern Territory has ambulance stations in Darwin, Katherine, Nhulunbuy, Tennant Creek, and Alice Springs. I had the opportunity to work at all except Katherine. Nhulunbuy was a magical experience; a stunning coastal mining town in North East Arnhem Land, 15 hour’s drive from Darwin, - “Down the track.” This is a town of great community and culture. Whilst I was there, I had the opportunity to experience the power, authority, and strength of this mob’s culture at the four-day aboriginal festival, Garma. This festival included great music, storytelling, dancing, art, basket weaving, spear making, and political chats.

After Nhulunbuy was my Tennant Creek experience. 500 Km north of Alice Springs, the locals here are proud ‘desert people’. If you are ever in this town, I highly recommend checking out the local art. One of the jobs in Tennant Creek was a great challenge and learning experience for me. We were dispatched to a MVA 130 Km out of town. This involved 1 car, 6 persons, and 1 dog. The remote clinic staff transported the patients to their clinic 10 minutes prior to our arrival. As I stepped through the door of the clinic as the designated treating paramedic, I remember thinking the place looked like a M\*A\*S\*H-style army clinic. We assist the clinic staff in every way possible. The police from the scene (NT police are extraordinary, always very helpful and very patient) were there helping too. As the youngest person in the room by at least ten years no one was more surprised than me that people were waiting for my next suggestion or asking my opinion on the next step that should be made including: the best way to assess and stop one of the patients bleeding, establishing a difficult IV cannulation, which medications to give, and which patients need to have aero-medical evacuation. I never knew what to expect at the beginning of a shift, this was a challenge that tested my leadership. It was a nice feeling when nurses prior to our departure expressed their sincere thanks for the help.

Other unique experiences that I had included: running in uniform in the heat of Darwin for the emergency services race; donating blood for the emergency services challenge; helping with the first aid in the schools program; reading an ambulance picture book to primary school kids; my crewmate Dave and I becoming the new faces of the ambulance service on their television ad (the irony is neither of us had a TV to watch it); providing a “tool box chat” to construction workers on heat injury and dehydration; and having my belly washed in a crocodile infested water as a welcome to country during a remotely located maternity emergency care course.

Of course there is the big test - The Authority to Practice final assessment. This consisted of a very nerve racking day including a written test, panel oral assessment and scenario. Following successful completion you get pats on the back from everyone and a welcome to the qualified paramedic team. If you’re thinking of coming to the Northern Territory for routine work, think again...it’s an adventure!!! An adventure that’s hard not to love!







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# YOUNG ENDEAVOUR YOUTH SCHEME

## GOVE TO DARWIN – 22<sup>ND</sup> AUGUST TO 1<sup>ST</sup> SEPTEMBER



I have driven to Darwin, flown to Darwin but two weeks ago I embarked on an adventure to travel to Darwin in a truly unique way: aboard a tall ship, the STS Young Endeavour from Gove. I gained a lot more from this 11 day voyage than just a mad sock tan and a few extra kilograms thanks to some amazing cooking. One of the beauties of the Young Endeavour Youth Scheme is that everyone takes something different home but through this experience I think it's safe to say we all discovered a lot about sailing, teamwork and leadership.

There were many wondrous sights to behold throughout our trip. Incredibly starry nights, moon rises, sun rises, sun sets, motoring through the hole in the wall – a small gap between the Wessel Islands and of course the wildlife. Each day was something new, a pod of dolphins off our bow, then a manta ray cruising gracefully through the water along the side of our ship when we were at anchor. Out of sight of any land sailing across the Arafura Sea, sitting out on the bowsprit, we saw a flying fish and a shark. Going ashore at Black Point on the Coburg Peninsula we saw a school of baby sharks and of course all sorts of variations of birds and fish throughout the voyage. A highlight of the voyage for me was climbing the masts. Climbing up the foremast and out on to the yards at night to sit over inky water, stars above, rocking gently in the sea was something special. Contrast that with having to sea furl the main sail – climbing the mainmast at night with a brisk wind putting the boat on a nice lean, rolling in the waves, which climbing up on exacerbated then trying to hang off to one side of the mast as your buddy passed the gasket around so you could tie it (one handed) was definitely a thrilling experience. Through the challenges and joys of the voyage you learn a lot about yourself, the world around you, teamwork and leadership. Command day was a big contributor to our development as a crew. The staff gave us one hour to elect our leaders. The next morning the ship was ours to apply everything we had been taught on the voyage so far to get from Port Essington to Darwin whilst also completing a list of tasks.

Setting sail from anchor was our first priority and definitely proved itself a challenge. With four Youthies taken up on the bridge as captain, sail master, navigator and watch officer, we were short of hands on deck! Having rearranged the watches so they were even helped add to the confusion. We all had to adapt to the new situation – quickly – evolving how we worked to become more efficient. Communication was crucial. Communication between us watch leaders and our watches, between watch leaders, between watch leaders and the watch officer or sail master who was calling the shots and all vice versa. We had to strike the right balance between (as the cert III book calls it) relationship value and goal achievement needs.

As a watch leader for command day I discovered a new level of appreciation for people's patience. Seeing my crew mates on deck

starting to get a bit frustrated at the beginning (three different watch leaders were telling them different things as we tried to manage a deck with what few hands we had left and sometimes weren't even entirely sure exactly what was happening) and still being patient with us was greatly appreciated. Eventually we worked out a system and as watch leaders we started to work together as a kind of mega watch. Being in a middle level of leadership was a great experience as it let me reflect on both leading and following, allowing me to take away what works and in what contexts. A lot of us started the day micromanaging but as we developed trust we were able to step back a bit and give each other more control. Tied in with that was the challenge of having other people be in charge. Being a training ship the STS Young Endeavour was designed to be labour intensive to sail, it forces people to work as a team. As the days went by I learnt to accept that sometimes you have to ask for help, that there is nothing wrong with that and people are almost always happy to help you. It's hard to heave the inhauls to brail the mail sail by yourself and it takes a lot of people to set 110.6 sq m of jib.

The staff of the Young Endeavour were a great group of people. So passionate about their work and always happy to share their knowledge and experience, even sitting at the helm at 0100 on watch. On the 31st August we got a chance to share our new skills with some guests from the Down Syndrome Association of the NT and the NT government Department of Education on a half day sail around Darwin harbour. We finished the voyage the next day, arriving at Coonawarra for the final time. We were each presented with certificates of achievement then Ashley and I were both honoured to be awarded with the Order of Australia Association – NSW Branch Young Endeavour Medallion.

I would like to thank St John Ambulance for giving me the opportunity to take part in such an incredible experience and I hope that the skills and awareness I have developed throughout the voyage can be utilised through my volunteering.

**KATHERINE THOMSON**





# VISIT TO SAN DIEGO

During May I had the wonderful opportunity to head overseas on a holiday. Before I left Australia I set up a meet up with the San Diego Fire and Ambulance service with the Fire chief. I was offered the opportunity to spend a shift on road as an observer, however with limited time overseas I had to turn down this offer.

On the 27th of May I flew into San Diego, hired a car and drove (on the wrong side of the road) to the fire and ambulance station. The chief and his wife met me and gave me a grand tour of the station and vehicles. When I first arrived the ambulance was out on a job, but the fire truck was on centre, it was HUGE!!! A couple of the Furies came out and showed me their truck. On the fire truck, besides all the fire gear was a full paramedic kit. The ambulance came back and I was able to have a quick tour, in between jobs, once again the ambulance was a monster, I could easily stand inside the truck with more than a hand span between my head and the ceiling!!!

The crews work 24hour shifts, inside the station is a fully equipped gymnasium, enough single bedrooms for all crew members, a huge television room, a separate study area, fully equipped kitchen and offices. The station I visited was also the major staff training centre. Fire and rescue towers, old cars for crash scenarios and medical scenario room. There were a lot of physical differences between what we have here in The NT to what is normal in San Diego, but talking to the crew and chief it is also very similar, in regards to staff attitudes, values, patient care.

It was a marvellous experience, everyone on station was very welcoming and answered all questions I asked. Showed me the whole station and made me feel very welcome even though they were half way through a 24 hour shift. The below photos are of the ambulance.

**REBECCA COLANGELO**

Paramedic

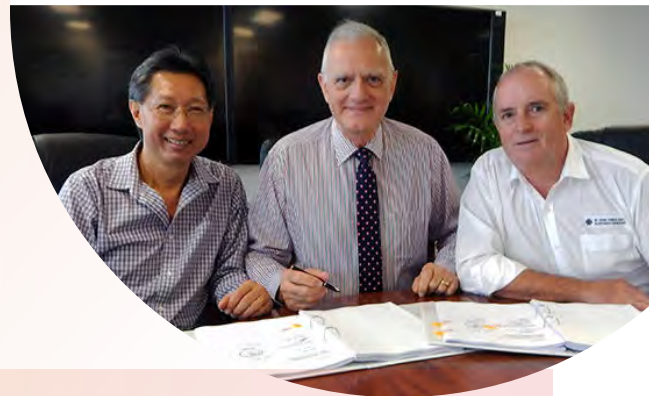




# NEW AMBULANCE CONTRACT

After 10 months of negotiations, the Chief Minister on behalf of the NT Government announced on the 19th January 2016, the new 5 year Ambulance Services Contract to be run by St John Ambulance NT. The contract commenced 1 February 2016 and covers growth for the areas of service delivery that are required to provide staff support and better patient outcomes, Territory wide.

As a result of this there has been a significant increase in funding which will assist with allocating appropriate staffing numbers, vehicles and equipment over the course of the 5 year deal that will see Communications and On-Road supervision available 24/7 in both Darwin and Alice Springs. This will also allow for additional Paramedic staffing for Emergency workloads along with additional non emergency crewing for the low acuity work. The level of funding provided will enable St John to appropriately manage the increasing demand on services by providing a suitable level of response to both urgent and non urgent cases. Going forward, we have the ability to review the allocation of resources, freeing up emergency ambulance crews as much of the non emergency cases will now be directed to non emergency crews.



# HUMPTY DOO OPENING MEDIA EVENT



**Territorians living in the rural area who need urgent health attention will be better serviced with the opening of the Humpty Doo Ambulance Station that opened in May 2016. Minister for Health John Elferink, along with Chief Minister Adam Giles, opened the new centre which will allow an expanded ambulance service for the 23,000 residents in the rural area.**

In the first quarter of 2016 there were 559 '000' call-outs in the rural area and by having an ambulance station in Humpty Doo, it drastically cuts down the time rural residents will have to wait for urgent medical treatment. It is expected ambulances operating from the new Humpty Doo station will improve call-out times by 10-15 minutes to areas like Humpty Doo, Coolalinga, Virginia and Bee's Creek compared with the current call-out times from Palmerston.

St John CEO, Ross Coburn said: "This is a product of our new contract negotiations that works towards meeting work demand in the rural environment. We are very pleased to be able to get additional resources to meet demand and assist with the heavy workload of our staff. This has only been achieved through government support with additional resourcing as part of the new five year contract."

St John will use a fluid deployment model based at Palmerston to staff the new station and will continuously review the transition process. In addition to an enhanced service for the rural area, St John will also start a new 24/7 patient transport crew in Palmerston.



# FINKE HERO OF THE YEAR

Our own local Alice Springs hero and long-time St John volunteer Glen Auricht, was given a well-deserved award earlier this June when he was announced as the Finke Desert Race 'Hero of the Year for 2016'. Glen who has been a St John volunteer in Alice Springs for almost 20 years, has also been a volunteer with the Finke Desert Race for more years than he can remember and wouldn't have it any other way.

Glen's volunteer role with Finke is to prepare the Desert track from the start line all the way out to the Finke River which is the half way point and overnight camp spot for all of the motorbike and buggy riders, who race the 226 kilometres on day one and then turn around and race all the way back to town on day two. Every competitor who has raced over the years has Glen to thank for tireless hours he puts into preparing the track for the race. This year alone, in the lead up to the event, Glen made over 70 trips out to Finke in the past five months and dedicated countless hours to ensuring everything was just right for the event.

Glen is the most humble, dedicated, hardworking and unassuming man you will have the honour to meet and in his acceptance speech he cemented for everyone the reason he so deservedly won this year.

"It's all about doing the best you can. For some it will be racing the event, for some it will be the rail way spike you receive... but in the end, I think everybody who gets a ride and all of the volunteers who make it happen, including the committee who put in an enormous effort and all of the sponsors who help make it happen... I think... gosh... we are ALL winners".

When Glen was asked why he volunteers, he stated, "I don't earn a lot of pennies from volunteering... just a lot of really good will... I'm very lucky".

Congratulations Glen on a most well deserved recognition of all of the volunteer hours you have given to the people of Alice Springs.



*"It's all about doing the best you can ... I'm very lucky"*

# PARAMEDIC OF THE YEAR 2016

The annual NT Paramedic of the Year Awards were hosted by The Department of Health, Minister Peter Styles MLA and Professor Len Notaras AM at Parliament House on 4 August. It was a wonderful in honour of our Paramedics.

The awards, now in their 17th year, were established by the Rotary Club of Darwin Sunrise to recognise Paramedical Officers with the highest standards in professionalism and compassion.

Nominations have been received from patients and peers alike for officers who have demonstrated outstanding qualities in their chosen field of practice and have shown a commitment to their profession. Nominees can include Paramedics, Patient Transport Officers and Communications Officers (000 call takers).

**This year 22 nomination was received for Paramedics demonstrating the following qualities:**

- Recognised as a role model within their profession and the community;
- Provide positive direction and guidance to colleagues and fellow health sector members;
- Deliver outstanding service or practice, or goes above and beyond the call of duty to ensure quality patient outcomes are delivered;
- Display compassion and empathy to those in need;
- Display care and understanding during times of suffering and distress.

“**Congratulations to the 2016 award winners:**”

• **MONIQUE FYNN**

of Darwin for New Practitioner – awarded to an officer who has been in the role for less than three years, can be located in any region Territory wide.

• **DAVID COWAN**

of Darwin for Peer Nominated – awarded to an officer who has been identified by their peers as displaying the above qualities.

• **STEVE SCHRIEKE**

of Tennant Creek - Paramedic Southern Region – awarded to an officer displaying the above qualities located in the Tennant Creek or Alice Springs area.

• **SAMANTHA COOPER**

Paramedic Northern Region – awarded to an officer displaying the above qualities located in a centre in the Darwin, Katherine or Nhulunbuy area.

• **SAMANTHA COOPER**

NT Paramedic of the Year 2016 – an overall winner will be honoured from all of the nominees.

“**Congratulations to all of the 2016 Paramedic of the Year Nominees:**

- |                            |                              |                          |
|----------------------------|------------------------------|--------------------------|
| • <b>Derek Archer</b>      | • <b>Ben Falzon</b>          | • <b>Craig Neil</b>      |
| • <b>Justin Blomeley</b>   | • <b>Monique Fynn</b>        | • <b>Paul Reeves</b>     |
| • <b>Jeff Buteux</b>       | • <b>Kate Followes</b>       | • <b>Steven Schrieke</b> |
| • <b>Brain Chng</b>        | • <b>Simon Hales</b>         | • <b>Fiona Sylva</b>     |
| • <b>Samantha Cooper</b>   | • <b>Glen Imber</b>          | • <b>Rachel Walker</b>   |
| • <b>David Cowan</b>       | • <b>Lorinda Knox</b>        | • <b>Donna Winkworth</b> |
| • <b>Alice Crooman</b>     | • <b>Natalie McKeen</b>      |                          |
| • <b>Humberto Da. Cruz</b> | • <b>Christopher Mullens</b> |                          |
- ”



# PARAMEDIC OF THE YEAR 2016

Congratulations to all of the nominees as each nomination received is a wonderful compliment to each Paramedic as it reflects their outstanding level of care, dedication and professionalism they provide to the Northern Territory community.

Also, a special thanks to the Rotary Club of Darwin Sunrise for their ongoing assistance with the organisation of these awards also the our wonderful sponsors – The Northern Territory Government, Telstra Shop Palmerston, Country Classics Boutique, Territory Surgical Supplies, United Voice and Mercure Darwin Airport Resort.

Nominations are already open for the 2017 awards. If you have been treated by an outstanding Paramedic or know someone who has, please visit our website to download at [www.stjohnnt.org.au](http://www.stjohnnt.org.au) to download a nomination form or send us an email to [feedback@stjohnnt.asn.au](mailto:feedback@stjohnnt.asn.au)

*“And the winner is...  
Samantha Cooper”*

Samantha originally grew up in Whyalla, S.A. and at age 10 her family moved to the big smoke of Adelaide. After completing Year 12, Sam decided to join the Australian Army where she was assigned to the Royal Australian Corps of Transport and after 8-years of service she discharged to pursue a career within emergency services as a Paramedic. Sam began her employment with St John NT in August 2007 and to this day still loves her job just as much as she did back then and says “I get a great deal of satisfaction out of being able to bring something good to a bad situation”. Outside of work Samantha enjoys keeping fit and spending quality time with her husband and two children.





# NEW ZEALAND ROAD CRASH

I recently had the opportunity (April and May this year) to travel to both the South and North Islands of New Zealand as one of the Official Australasian Road Rescue Organisation's (ARRO) Medical Accessors for the New Zealand Road Crash Rescue Challenge held by the United Fire Brigade Association of NZ. The NZ National Challenge was held in Inglewood just outside of New Plymouth on the North Island (near Mt Taranaki).

86 Motor Vehicle Crash and Trauma Challenges were conducted over 3 days of very close competition!

Paramedics deal with all manner of emergency situations, with motor vehicle accidents being one where there is the potential for a high degree of suspected injuries to patients and significant damage to the vehicles. At times this vehicle damage can significantly delay the extrication of the injured patients.

This year 16 teams comprising of 6 members (OIC, Medic and 4 x Toolies – the Toolies use the rescue equipment to safely extricate the patient from the vehicle) competed over a three day period completing 6 individual scenario challenges, with each team being graded by ARRO Officials for leadership, technical ability and the use of equipment.

*“It was a great opportunity to see new and improved extrication techniques”*

The Medics were assessed individually on their medical assessment, treatment and extrication of patients from these vehicles. The competition was fierce with all teams looking to place well. The learning opportunities and the sharing of best practice for safe extrication of entrapped patients highlights how serious this training and challenges are in preparation in dealing with real life motor vehicle accidents the Emergency Services attend.

It was a great opportunity to not only Officiate, but to use the NZ Road Rescue Challenges as a mode of professional development which allowed me to see new and improved extrication techniques, and also allowed me to gain first hand

experience in dealing with the safety aspects of the patient extrication process.

The Australasian Road Crash Rescue Challenge takes place in Warragul, Victoria in July 2016. The expectation is for 18 teams, from Australia, New Zealand and South East Asia to compete in the events over a period of 4 days of competition.

Story by

**PAUL PULLEINE**



Photos courtesy of

**BRYCE HOLLAND PHOTOGRAPHY**

New Zealand





# RESCUE CHALLENGE 2016



*“The learning opportunities and the sharing of best practice for safe extrication of entrapped patients highlights how serious this training and challenges are in preparation in dealing with real life motor vehicle accidents the Emergency Services attend.”*



# AMBULANCE COMMAND VEHICLE NEW COMMAND VEHICLE

The first high visibility 'Ambulance Command' vehicle is now on the road in Darwin as part of our Ambulance Service Improvement and Reform plans. This vehicle is a new Subaru Outback that has a number of changes incorporated into its design to improve the visibility and safety of the vehicle. From an emergency response perspective these changes include high visibility markings, new LED emergency lighting around the front and side of the vehicle and a Rumbler® low frequency penetrating siren.

Additionally it will be modified internally over time through a consultative process to ensure it can safely carry the right equipment and materials required to support staff at prolonged and multi-agency scenes.

Another exciting change will be our response capability to cardiac arrest. This vehicle carries a Zoll AutoPulse® non-invasive resuscitation system that provides high quality continuous CPR to patients in cardiac arrest. Not only will this improve CPR to patients in cardiac arrest, it will improve safety for staff.

The Ambulance Command vehicle is co-branded and displays the Northern Territory Government Logo. This demonstrates our commitment to providing high quality ambulance services in partnership with the Northern Territory Government.





# STUFF THE BUS CAMPAIGN

St John Management, Paramedics and Volunteers were proud to participate in the Mix 104.9 inaugural "Stuff the Bus" campaign in December 2016. The event co-ordinated by local radio station Mix 104.9 and the NT Police, Fire and emergency services, NTES and St John and was a huge success. The aim of the emergency service vehicle convoy was to raise much needed toys, food and donations for the three charities who will be assisting those in need this Christmas period. Gifts of unwrapped new toys were donated to the Children's ward at Royal Darwin Hospital, for those unfortunate children who will be spending Christmas on the ward. Foodstuffs were donated to Foodbank NT and all other donations were presented to the Salvation Army. A huge thank you to all of those who supported the event, it was much bigger than anyone anticipated and will be greatly appreciated by those who need it.



# VOLUNTEER AWARDS AND RECOGNITION NIGHT

The annual Volunteer Awards night was held at Darwin Hilton on the 19 November 2016. His Honour the Honourable John Hardy OAM Administrator of the Northern Territory, the Honourable Natasha Fyles MLA Minister for Health, His Worship the Mayor of Palmerston, Mr Ian Abbott, Mr Roland Chin Chairman St John Ambulance & St John Board Members were all in attendance.

The awards night started with cadets having a fun couple of hours playing games before presentations commenced. The first awards presented were the Grand Prior Badges. The Grand Prior Prince Richard the Duke of Gloucester is second to the Sovereign Head of the Order, Queen Elizabeth II. The Grand Priors Badge is a major achievement for a Cadet. To gain this badge a Cadet must earn 12 Proficiency Badges over at least 3 years.

*“The recipients were:*

- *Lauren Coghill*
- *Racquelle Paterson*
- *Patrick Chow*
- *Zoe Johnston*
- *Gemma Gray*
- *Hayley McLaughlin*
- *Luke McLaughlin*”

The second presentation was for the Southern Cross Award. St John Ambulance Australia launched this Award in 2008 and it is aimed at all St John members aged between 16 and 25. The Award has been designed to provide a flexible framework of personal development and achievement. There are 3 levels that can be achieved, Bronze, Silver and Gold.

*“The recipient of the Bronze Southern Cross Award was:*

- *Sarena Hyland from Alice Springs Cadet Division*”

*“Presentations for the Annual Awards were presented as follows:”*

- **ADULT DIVISION OF THE YEAR**  
Alice Springs Adult Division
- **CADET DIVISION OF THE YEAR**  
Darwin Cadet Division
- **JUNIOR OF THE YEAR**  
Jack Knight from Alice Springs
- **CADET OF THE YEAR**  
Jessica Longe from Alice Springs
- **PETER FALKLAND YOUTH LEADER 2017**  
Leanne Eltagonde from Palmerston Cadets
- **OPERATIONAL SUPPORT PERSON OF THE YEAR**  
Cate Driver Alice Springs
- **ADULT MEMBER OF THE YEAR**  
Fiona Reid from Tennant Creek and Maria Vescan from Darwin Adult Division

It was a wonderful night that which would not be possible without the assistance of Mandy Paradise, Nadia Parker, Hailee Skinner, Kelly Raven, Joanna Bigwood and special thanks to Kevin Blake who was the MC for the night. The night would also not have been possible without the generous support of our sponsors, Choices Flooring, Grice Group and KR Blacker. Thank you to all involved in making the night such a success.





# PFES OPEN DAY

St John participated in our first major PR event of the year at the Police, Fire and Emergency Services expo on 16 April 2016. For those who were not able to make the day, the event was a major display of all Police, Fire, Ambulance, NTES, TRG and other response vehicles as well a huge range of display stands and information for a wide range of emergency and ancillary services.

St John and the NT Fire service opened the event with the first demonstration, being a vehicle accident, where a car had crashed into some barrels which then exploded. The scene showcased how the two emergency services work alongside each other in such situations. It also demonstrated to the public some of the difficulties faced by emergency crews when dealing with an emergency situation and the time required to safely extract and remove patients trapped in a vehicle. Special thanks to Rebecca Forrest and Heidi Farnden from PFES and Mark Spain from NT Fire Service for their assistance in our participation on the day.



Don't miss out on  
being a part of Darwin's  
largest golf day!

Don't forget to follow our  
Facebook page as we  
introduce this year's  
sponsors.



St John Ambulance NT

## 2017 Charity Golf Day

Spaces are filling fast for our 2017 Biennial Charity Golf Day!

We are still seeking sponsors for prizes and auction items for the event, if you would like to support the fundraiser and our dedicated volunteers, by entering a team, sponsoring a hole or donating a prize please contact Debbie or Kathy in Marketing by calling 8935 2580 or email [marketing@stjohnnt.asn.au](mailto:marketing@stjohnnt.asn.au)

# 2016 RAFFLE

## ST JOHN AMBULANCE AUSTRALIA (NT) INC 2016 FUNDRAISING RAFFLE PERMIT NO. D3012

St John Ambulance Australia (NT) Inc congratulates the winners of the 2016 Fundraising Raffle drawn on Friday 29th July 2016.

We would also like to thank everyone who purchased tickets in our fundraising raffle and we wish to acknowledge the support of our very generous raffle sponsors for the wonderful prizes. Thank you also to the many businesses across the Territory that assisted us in selling raffle tickets.

## FIRST PRIZE

### TICKET NO, 2915 PASPALEY

Dolce Classic Bale Pendant in 750 white gold with 14mm oval Australian South Sea Pearl and 4 white diamonds (0.06ct). This has been matched with a classic glitter twist chain in 750 white gold with 6 diamonds (0.03ct), 42cm in length (1.6mm).

Valued at \$3260.00

## SECOND PRIZE

### TICKET NO. 2323 OUTBACK FLOATPLANE ADVENTURES

'The Ultimate Tour' is an action packed half-day adventure designed to show the NT at its BEST!

Valued at \$1590.00

## THIRD PRIZE

### TICKET NO. 1138 PAUL ARNOLD

1 metre Acrylic "Mount of Eden" print.

Valued at \$1100.00

## FOURTH PRIZE

### TICKET NO. 1111 SKYCITY

1 night accommodation in a resort room, including couples package at Lagoon Day Spa and dinner for two.

Valued at \$700.00

## FIFTH PRIZE

### TICKET NO. 0052 CSG

Samsung Tablet A with S pen.

Valued at \$449.00





# ANNUAL CADET COMPETITIONS

As a St John Volunteer, you find yourself at a PR event and you think there will be no one to treat. Unfortunately bystanders come to you to treat some serious condition, someone that has been stabbed, someone electrocuted and someone who has heat stroke. Well these are just some of the patients that our Cadets were faced with at our Annual Cadet Competitions held at the Darwin Waterfront on 2nd October 2016. There were three competitive categories with the following scenarios:

## CADET TEAM – CONSISTS OF THREE CADET MEMBERS WORKING TOGETHER.

Scenario – A bystander approached the Team pleading for help for a family in distress. On arrival at the scene a mother was suffering from severe sunburns, one of the sons had heat stroke, and another son had hypoglycaemia (low blood sugar). The catch was, none of the casualties spoke English! So they had to use the bystander and some of the siblings as translators.

## CADET INDIVIDUAL - CADET WORKING ALONE

Scenario – An older man called out for help as his co-worker had been electrocuted and also had a fractured arm. He himself had begun suffering from chest pains from Angina, to which he had no medication.

## CADET LEADER – OLDER CADET THAT ASSISTS CADET DIVISIONS, THESE MEMBERS ARE AGED BETWEEN 18 -25 YEARS OLD.

Scenario – A young female approached and was distressed and calling for help after her boyfriend and his mate were attacked by someone who had fled the scene. First casualty was a young male with severe abdominal injuries and a large laceration to his arm. The other young male had a blow to the nose causing bleeding and possible fracture, he also appeared to have a fractured arm.

“***Congratulations to all the cadets involved. The winners will represent the NT at the National Competitions at the Gold Coast in January 2017.***”

## PLACINGS

### CADET LEADER

- 1st place Alice Springs – Jamie Rowley
- 2nd place Casuarina – Gemma Gray

### CADET INDIVIDUAL

- 1st place Alice Springs – Zoe Johnston
- 2nd place Katherine – Demi-lee Palmer
- 3rd place Tennant Creek – Kalyca Robinson

### TEAMS

- 1st place Casuarina – Hayley McLaughlin, Luke McLaughlin & Lauren Coghlin
- 2nd place Alice Springs – Ruby Ballantyne, Claire France & Lilly-Perle Thivisol

**Well done to all of those who competed, despite the heat of the day, all competitors performed extremely well.**

A very big thank you to all of those volunteers who helped to co-ordinate the event. A lot of planning goes into a day like this and particular thanks must go to competition manager Kelly Raven and also Hailee Skinner for all of her support and assistance.



# 2016 INVESTITURE AND AWARDS CEREMONY

The St John Ambulance Australia (NT) Inc annual Investiture and Awards Ceremony was hosted by His Honour the Honourable John Hardy OAM KStJ, Administrator of the Northern Territory and Prior St John Ambulance Australia (NT) Deputy Prior and Patron Mrs Marie Hardy.

This year the ceremony was run with a new format as we move from the VET sector to recruiting Graduates for the Ambulance Service. It was a very enjoyable evening, with many achievements acknowledged including Promotions with the Order of St John, Staff Service Year Awards, Volunteer Service Awards and Bars, Priory Vote of Thanks and Ambulance Service Awards.

## CONGRATULATIONS TO THE FOLLOWING STAFF AND VOLUNTEERS ON THEIR WONDERFUL ACHIEVEMENTS... PROMOTIONS WITHIN THE ORDER:

- Mr Roland Chin - Promoted to Commander
- Mrs Kimberlee McKay - Promoted to Officer
- Mrs Kelly Raven - Promoted to Officer

## ADMISSIONS TO THE ORDER AS MEMBER:

- Nerissa Brumby

## PRIORY VOTE OF THANKS

- Mrs Marion Elix

## STAFF LENGTHY YEARS OF SERVICE BARS

### 5-YEARS

Royce Andrews  
Ashlee Elton  
Kirstin Pearson  
Derek Archer  
Markus Hackenberg  
Nicky Trikilis  
Justin Blomeley  
Narelle McLaughlin  
Ian Van Munster  
Jeff Buteux  
Nicholas Morgan  
Patrick Carew  
Lisa Palmer

### 10-YEARS

Kay Blakeman  
Phillip Blyth  
Angelina Butler

### 15-YEARS

Michelle Gough

### 20-YEARS

Kevin Blake  
Craig Garraway  
Michael McKay

## VOLUNTEER SERVICE MEDALS & BAR

### 12-YEARS MEDAL

Nerissa Brumby  
Julie Murray  
Alexandra Smith

### THIRD BAR (27 YEARS)

Patricia King

### FOURTH BAR (32 YEARS)

Angie Butler

## SPECIAL THANKS

I would also like to thank The Very Reverend Dr Keith Joseph, for offering his services during the Investiture and Awards Ceremony.

By

RHIANNON WILSON









# THANK YOU TO OUR SUPPORTERS

## THE ST JOHN AMBULANCE ENDOWMENT TRUST – PROUDLY SUPPORTING OUR VOLUNTEERS

**The St John Ambulance NT Endowment Trust is the benevolent fundraising body established in the 1980's to initially provide a suitable building for our volunteers. After several years of inactivity the trust was reinvigorated in 2010 and has been going from strength to strength.**

The objective of the trust is to engage local donors to enable us to support the vital work of our Volunteers. Funds generated each year enable us to continue to provide uniforms and vital training equipment for our volunteers throughout the Territory who dedicate their time 365 days of the year to ensure that community, sporting and family events can take place safely. In addition, funds also support the Free First Aid in Schools Program we make available to all Territory school children from pre-school to year 9.

The Endowment Trust is very fortunate to have the support of Chairman Mr Andrew Bruyn AM, General Manager of Channel 9 Darwin and Patron, Justice Trevor Riley, QC, KStJ. With their support and that of well respected members of the local business community, who share the same passion and vision for Volunteers across the Territory, we can ensure the Trust continues to support our goal of making "First Aid a part of every Territorian's Life".

We are very fortunate to have a number of long term supporters who are now part of the 'St John Family' and have been delighted over the past 12 months to welcome new members. To acknowledge the support of the local business community, St John hosts an Annual Appreciation Dinner. This year we were very fortunate to have a venue that will be difficult to beat. John (Foxy) and Trish Robinson generously opened their home to us and allowed us to take over their ballroom for the evening and guests were very clearly impressed.

An annual presentation made at the Appreciation Dinner, is to induct one of our donors into the Endowment Trust Hall of Fame. Not an award given lightly, this year's recipients were very well deserving, for their long term support not only of our raffles and fundraising but also for their significant support of our first aid training, as well as sales and restocking. Proceeds from these activities also support the volunteers. St John were delighted to welcome Paspaley to the Endowment Trust Hall of Fame and to the St John Family.

We are very fortunate to have a large number of local businesses who donate not only money, but time and in-kind support to assist our volunteers Territory wide. The event allows us to share with sponsors the achievements we have reached with their support and this year we were delighted to share our First Aid in Schools statistics. Our program has surpassed our goal of delivering age appropriate First Aid to 12,000 school children over the financial year, to teaching 14,083 students which is a fantastic result, one we are aiming to exceed next year.

Special thanks to Foxy and Trish for being so generous with their home and also for the assistance given both on the day and in the clean-up following. We gratefully acknowledge our supporters for the night, Carlton and United Breweries, Prestige World Wines, Stuart Park Corner Store, Paspaley and Northern Rise Catering for a beautiful meal. Your generosity for the night ensured all those who attended had a fantastic night. Thank you.

If you would like us to visit your school, or would like more information on the FREE First Aid in Schools program, please call us on 8922 6256 or visit our website [www.stjohnnt.org.au/community-involvement/first-aid-in-schools](http://www.stjohnnt.org.au/community-involvement/first-aid-in-schools).



*“Thank you all  
for your ongoing and  
valuable support”*



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