

FOCUS



St. John Ambulance

SAVING LIVES
at work, home and play

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VICE-PRIOR INSTALLED

Lt. Governor David C. Onley is invested in the Order of St. John and installed as Vice Prior of the Order for Ontario and Federal District during a ceremony on November 5, 2007. Taking part in the proceedings are John Mah (left), Chancellor of the Order of St. John in Canada and Kirk Corkery (centre), Chairman of the St. John Council for Ontario.

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www.sja.ca

Man Uses First Aid One Day After Training

While Roberto Berton knew his St. John Ambulance First Aid training might come in useful some day, he didn't expect to use it the day after his class. But, that's exactly what happened. Just 24 hours after his re-certification training at the Toronto Branch, Roberto came to the aid of a lost child on a freezing February day.

Roberto and wife Rita were dropping their child at an Etobicoke daycare when, to their amazement, they spotted a small boy wandering around in his pyjamas, his feet red from cold

Roberto did not hesitate. "I was able to bring all of the 'A-B-Cs' from my St. John's training into action. I took control

of the situation, managed it, directed onlookers for support and, first and most importantly, assessed and tended to the child before the police and paramedics arrived," says Roberto.

Thanks to Roberto's efforts the police and paramedics found the child in good shape. "Upon their arrival I gave them all the information I had gathered from the scene and the child. I let them all know I was very recently retrained by the St. John team and, thanks to them, I knew exactly what to do," Roberto recalls.

It turned out the child had slipped out of his home, just steps away from the day care centre, while the family nanny was busy with another child.

The police contacted the boy's parents who had been on their way to work and he was reunited with his family. No charges were laid.

"I'm really grateful to your excellent organization and to Manuel Pires, my instructor," says Roberto.

Welland Creates Lifesavers Library

First responder trainers in Niagara South now have a Lifesavers Library to provide a one-stop shop for training tools.

A grant from Niagara Community Foundation has enabled the Welland Branch to acquire videos and textbooks as well as four manikins (one each for training in airway management, childbirth assistance and controlling severe bleeding and another that acts as a blood pressure simulator). All items are available on loan.

"Agencies that are responsible for responding to emergencies often have to train with less than ideal resources due to financial constraints" says Steve Murphy, MFR Unit Coordinator. "Our hope is that any volunteer fire department or agency that requires learning resources will rely on the library to meet their needs"

The Lifesavers Library will be administered through the MFR unit's Training Officer, Meghan Friesen. "We have had a great response from local fire departments," says Meghan.

Combat Stress Pilot Program

St. John Council for Ontario is developing a program to help the military recognize and respond to the symptoms of stress from combat duty.

At the request of the Canadian Armed Forces' 32 Brigade Group, Council's Provincial Medical Advisor, Dr. Robert Boyko working with Major Robert Zeidler and Brian Cole, is adapting the St. John Ambulance Critical Incident Stress Awareness Program for use in the military as an Operational Stress Injury Awareness program.

While the military's current Operational Stress Injury (OSI) programs are for soldiers returning from war zones who may be experiencing OSI, the St. John Ambulance training program is designed for all soldiers, with a focus on prevention and awareness of OSI.

"The military hopes that this enhanced training will be useful in allowing leaders and other soldiers to identify which of their peers suffer OSI and inform them where they can go for help. They believe

the information would be beneficial to all soldiers before they deploy as well as to those returning from overseas," says Dr. Boyko.

Council sees the program as a potential commercial offering and an adjunct to St. John Ambulance First Aid Training. The plan is for every soldier to complete this training once every three years, like individuals re-certifying for First Aid training.

Together with CIS Instructors Carmie McCormack, and Agnes Daniell, former Provincial Commissioner, Dr. Boyko ran pilot instructor courses in February, March and April to favourable reviews.

The pilot project with the Canadian Forces will allow Council to refine the program which Council hopes to expand to all of Ontario and even nationally, using a comprehensive train-the-trainer approach to delivery.

New Award Recognizes AED Rescues

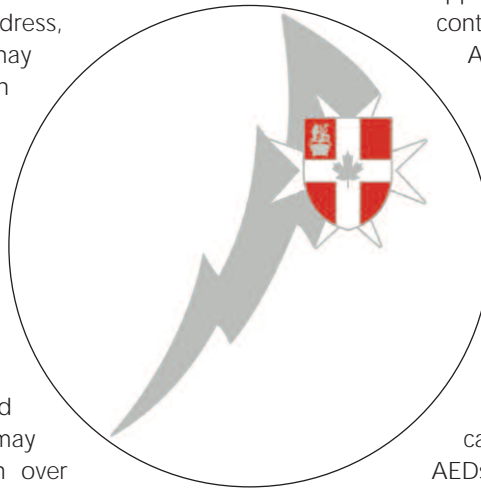
Council has introduced an Automated External Defibrillation (AED) Award.

The new award recognizes members of St. John or people trained by St. John who have saved or attempted to save a life using an AED.

"AEDs are a relatively new technology and initiatives to encourage their visibility and use are of great benefit to the communities we serve," says Art Jordan, Chair of Council's Honours and Awards Committee which approved the concept last summer.

The award is a silver-coloured lightening bolt pin embellished with the Arms of

the Order of St. John. In civilian dress, recipients may wear the pin on left lapel of a jacket or the left side of shirt or dress when in St. John Ambulance uniform, award recipients may wear the pin over the right breast pocket.



For application forms and criteria contact the Council Affairs Assistant, St. John Ambulance – Council for Ontario, 15 Toronto Street, Suite 800, Toronto, ON M5C 2E3

Note: a separate application is needed for everyone involved in the rescue. (Professional health care providers who use AEDs in the normal course of their work are ineligible.)

Newly Installed AED Saves Hockey Player's Life



A TEAM OF LIFESAVERS
Dave Nuttall (centre) stands with the two hockey teammates who used CPR and an AED to save his life, Brian Drombolis (left), a nurse at Thunder Bay Regional Hospital, and firefighter Brant Keesing.

Dave Nuttall was enjoying a morning skate at the Port Arthur Arena, last December when the unexpected happened. "We were playing hockey, and I suddenly collapsed on the ice," Dave told guests at an AED Day hosted by Thunder Bay and Northwestern Ontario Branch on February 15.

Although Dave's heart had stopped, he lived to tell the tale because he collapsed 15 yards away from an AED

machine, installed just two weeks before. "If that AED machine had not been there, I wouldn't be standing here talking to you today," Dave told a hushed audience.

He said his teammates acted without delay, starting CPR and setting up the AED. He regained consciousness within two minutes. His two friends not only saved his life, but his quality of life by acting quickly and saving precious minutes so there was no damage to his brain.

"If there was ever a non-believer in the benefits of having an AED machine on site, there certainly were none in the room after listening to Dave," said Branch Executive Director, Diana Sustawenko.

The AED Day, a kick off to the 125th anniversary of St. John Ambulance in Canada, was held to draw the attention to the importance of AEDs. It was part of the branch's ongoing efforts to promote the machines, in conjunction with community partners.

"Our goal is to educate people about the benefits of installing AEDs in workplaces, businesses and recreational venues as well as increasing awareness of the St. John AED program which will train people in the correct use of these machines," Diana explained.

St. John has partnered with the Heart and Stroke Foundation, the Canadian Red Cross, Superior North Emergency Medical Services and the Paterson Foundation in the promotional campaign.

During the event St. John honoured the Paterson Foundation for funding the branch's third AED machine. The branch now has an AED machine in its lobby as well as in both Mobile First Aid Units.

Superior North EMS was also recognized by St. John for donating two surplus ambulances. The new vehicles have enabled the Thunder Bay Medical First Response volunteers to attend more events and better prepare for disaster relief.

Teams Demonstrate Life-Saving Skills in Provincial Competitions

A teen with cystic fibrosis suffering a cardiac arrest and a school janitor with chemical burns were among the scenarios at the St. John Ambulance Ontario Open First Aid Competitions at Milliken Mills High School, Markham on November 17.

The annual provincial health and safety event pits the finest first aid teams from across Ontario in friendly competition to determine who can best perform essential first aid skills. Teams from industry, business, emergency services, volunteer organizations and St. John Ambulance compete.

"The competitions are a great opportunity for St. John Ambulance to demonstrate its life-saving capabilities and to motivate others to increase first aid competency. The five scenarios, involving illness and injury, require competitors to perform tasks within rigid time limitations. All scenarios reflect an integration of the knowledge and skills of first aid and CPR that are part of St. John Ambulance's core training," says Brian Cole, Director Standards and Support.

CONGRATULATIONS TO THE FOLLOWING ST. JOHN TEAMS FOR THEIR SUCCESS IN THE COMPETITIONS:

PAUL CRAIG MEMORIAL CUP (INSTRUCTOR TEAM) Gold #1: Unconsciousness Implies Consent Team (Hamilton): Pat Lannigan, Kevin Morgan. Gold #2: SJA Instructors (Porcupine) Katrina Cloutier, Blake Roy. **PAUL CRAIG MEMORIAL CUP (INDIVIDUAL INSTRUCTOR)** Gold #1: Unconsciousness Implies Consent Team (Hamilton): Pat Lannigan, Kevin Morgan. Gold #2: SJA Instructors (Porcupine) Katrina Cloutier, Blake Roy. **LEONARD TROPHY (JUNIOR)** Gold: Y0333 North York Cadet Div. - Juniors (Toronto) Ida Hui, Aldus Wong. Silver: First Aiders (Porcupine) Samantha Schmidt, Carra Schmidt. Bronze: The Tooney Teacups (Oakville) Natalia Fong, Domenic Panetta. **EDGAR J. STONE (INTERMEDIATE)** Gold: Y0504 Mississauga (Mississauga) Jessica Chu, Freda Jawan. Silver: Y033 North York Cadet Div. - Intermediate (Toronto) Madeline Tong, Zoe Lau. Bronze: 1037 Agincourt (Toronto) Samantha Seto, Mirabel Yeung. **VICE PRESIDENT'S TROPHY (SENIOR MIXED)** Gold: Varsity (Toronto) Patricia Ho, Jeff Fung. Silver: SJA Instructors (Porcupine) Katrina Cloutier, Blake Roy. Bronze: Brant 407 (Brant-Haldimand-Norfolk) Ashley Machado, Alun Hughes. **SENIOR WOMEN'S TROPHY** Gold: 790 Brockville Division (Brockville) Tiffany Eyre, Candace Serwar-Price. Silver: V726 (Toronto) Carmen Yung, Rachel Chung. Bronze: 427 Brockville Division (Brockville) Dianne, Foster Laura Parrott. **SENIOR MEN'S TROPHY** Silver: Unconsciousness Implies Consent Team (Hamilton) Pat Lannigan, Kevin Morgan. **T.S. JONES TROPHY: (INDIVIDUAL SENIOR 18 AND OVER)** Gold: Kevin Marques (Mississauga), Patrick Glaister (Mississauga). Silver: Tiffany Eyre (Brockville), Candace Serwar-Price (Brockville) Bronze: Jen Griffith (London), Trixie Kretschmer (London). **ROSS B. ELLIOTT TROPHY (INDIVIDUAL JUNIOR 17 AND UNDER)** Gold: Jessica Chu (Mississauga), Freda Jawan (Mississauga). Silver: Robin Meredith (Durham), Shelly Burt (Durham). Bronze: Samantha Seto (Toronto), Mirabel Yeung (Toronto). **IAPA TROPHY (IAPA MEMBER FIRMS)**, Gold: Gold Corp Payne Team; Dave Payne, Dave Basso Silver: Gold Corp Young Team, John Young, Kevin Whalen, Bronze: Domtar Espanola ERU; Laurent Tessier, Gilles Leblanc. **LEVITT SAFETY TROPHY (FIREFIGHTERS)** Gold: Gold Corp Payne Team; Dave Payne, Dave Basso. **ONTARIO POWER GENERATION (ELECTRICAL UTILITIES TEAM)** Gold: Gold Corp Payne Team; Dave Payne, Dave Basso Silver: Gold Corp Young Team; John Young, Kevin Whalen Bronze: Gold Corp Watt Team; Stewart Watts, Jason Prout. **ONTARIO POWER GENERATION (ELECTRICAL UTILITIES INDIVIDUAL)** Gold: Gold Corp Payne Team; Dave Payne, Dave Basso Silver: Gold Corp Young Team, John Young, Kevin Whalen Bronze: Gold Corp Watt Team; Stewart Watts, Jason Prout. **EARLE C. MORGAN TROPHY (OVERALL) Winner:** Gold Corp Payne Team; Dave Payne, Dave Basso.



NEW HOME FOR ST MARYS
Volunteers show the storage room in the new quarters of the St. John St. Marys Branch during a February open house. After occupying training and storage space at Community Living for the past 10 years, the branch has relocated to the lower level of St. Marys Memorial Hospital, an area previously occupied by Perth County EMS. The move will help to accommodate the branch's growing first aid and volunteer programs. Shown are Branch Chair Scott Dunbar; volunteer Shawn Nutt; and Regional Community Services Coordinator Mel Hazlewood. PHOTO JOURNAL ARGUS.

Emergency Team on Site of Train Derailment

As the citizens of Ontario were about to enjoy their first Family Day on February 18, members of the Emergency Services Support Team (ESST), London Middlesex Corps were called into action.

At 4.30 a.m., a freight train derailed outside Aldershot. By 10.30 a.m., the ESST was on the scene with two light generators, a rehabilitation unit, a medic unit and several support units.

Over the next two-and-a-half days, the team looked after 70 workers, serving approximately 480 meals and 850 cups of coffee along with various nutritious snacks. The 10-person crew also covered the site for medical first response and maintained the equipment on the ground.

The team travelled a total of 2600 km and logged 245 volunteer hours.

Canine Tutors Help Children to Enjoy Reading

O.K., maybe you can't teach a dog to read, but a dog can help a child to read as the Cornwall Community Services Unit Therapy Dog program has shown again and again.

Our unit uses R.E.A.D. (the Reading Education Assistance Dog training program created by the Intermountain Therapy Dogs in Utah) which teaches handlers how to train dogs to work with young readers. Before they are accepted into the program, dogs must pass the children's evaluation (in which they are tested for their reactions to a group of noisy and active children).

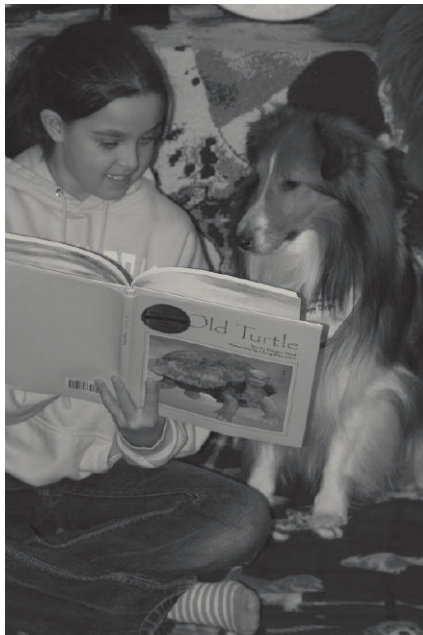
While we work with students at all reading levels, the training gives handlers special insight into working with children who have difficulty reading. Our handlers learn how to deal with awkward moments such as when children can't pronounce a word or are so ashamed of poor reading skills they just don't want to read at all.

Six teams now visit the local library, an elementary school, a day care and our local school for special needs children. The program, which also operates in Brockville, has been very well received by the children, parents, teachers and, of course the dogs. And we've trained teams from as far away as Ottawa and Montreal.

They key to the program's success is the non-judgmental nature of dogs. They'll listen patiently no matter how many mistakes a young reader makes. This helps the child to gain confidence.

Though most of our R.E.A.D.ing is done one to one in a quiet spot, large events can really demonstrate the impact of reading to a dog. On one occasion students crowded the hallway where our dogs were seated on their R.E.A.D. blan-

kets. One child sat and read to a dog, totally oblivious to the children watching and listening and the noise of people passing by. His mother was amazed. Her son's reading level was four grades below the standard for his age. He was too shy to read out loud, even in the privacy of his home and reading in front of his peers was out of the question. But he seemed to find R.E.A.D.ing totally different. With one hand on the back of his canine tutor this young boy read his book from front to back. He had only one concern. When could he read to the dog again?



READING TOGETHER

Sydney Gilligan reads with Therapy Dog, Caleb during a Cornwall Public Library program designed to encourage children to read.

We plan to add more teams soon as the demand is growing. Thanks to St. John Ambulance our dogs are making a difference in the lives of children in the area.

Jane McLaren
Cornwall Therapy Dog Unit

Niagara Volunteer Honoured

Gail Hilyer, a volunteer with the St. John Ambulance Therapy Dog program, Welland/Port Colbourn Branch, was a recipient of the 2007 Ontario Senior Achievement Award. Gail was one of only 26 people to receive the province's highest award for seniors, presented by The Honourable David C. Onley, Lieutenant Governor of Ontario.

A former branch board member, Gail, with her dog Scooter Too, has made more than 600 visits to local health care and residential facilities. Scooter Too, now 17, is semi-retired but still sees one client in a seniors' apartment. The mixed-breed dog, an Arctic foundling, was adopted by Gail when she was Academic Dean of Arctic College, Fort Smith, NT.

Gail's says her professional administrative skills have served her well in her other retirement volunteer activities including serving as President of the Board of Pelham Cares Inc., which provides emergency food and transportation for Pelham residents and recreational sponsorships for young people. Gail was recognized as a YWCA Woman of Distinction in 1999 and named a Paul Harris Fellow by the Rotary International Foundation in 2006.



A PAIR OF ACTIVE SENIORS

Gail Hilyer who received the 2007 Ontario Senior Achievement Award for her volunteer work is shown with her dog Scooter Too, 17. PHOTO: WAYNE CAMPBELL, PELHAM NEWS

Police Training Room Named for Volunteer

Long-time Timmins volunteer Karl Habla has been recognized by the Timmins police who have named their new first aid training room in his honour.

Located in the city's new police building The Karl Habla First Aid training facility was dedicated to Karl, during a February ceremony, to recognize his quarter century of teaching first aid and CPR to the city's police officers.

"The naming of the room after Karl Habla required little thought. We are pleased to honour him in this small way," said Timmins Police Service Chief Richard Lapierre during the ceremony. He said that Karl, an Honorary Constable with an official badge, is considered an integral part of the Timmins policing family.

However, Karl did not expect the honour. "I didn't know about it until I got a phone call," he told Focus. "I'm very proud of teaching for 25 years. It was kind of crowded in the old building. They kept dividing the space and I had to teach in different places, but I never thought of giving up."

A lifetime member of St. John Ambulance, Karl joined the organization in 1964. He is a Knight of the Order of St. John and writes regular columns on St. John for the Timmins Daily Press.

Karl is well known in Timmins where he walks to celebrate Canada Day, Labour Day and to support Canadian troops in Afghanistan.



IN HIS HONOUR

Volunteer Karl Habla stands outside the police first aid training room in Timmins. The facility was named to honour his quarter century of police first aid training.



NEW VISION

William John Galbraith of the Federal District Council, a member of the Hospitalier's Deputy Committee and Dawn Roach, Priory Secretary at National Office are shown with one of five boxes, containing 1,750 donated eye glasses, bound for the Eye Hospital in Jerusalem. Many of the glasses were collected by Lions Clubs across Canada. Mr. Galbraith assisted with the project in the Ottawa area. Ontario Council's representative on the project is Agnes Daniell (not shown). Another shipment of glasses is planned for the fall. Please send donations to St. John Council for Ontario. Attn: Eye Hospital.

Employees Recognized for Saving Co-Worker



LIFE SAVING AWARDS

Dr. Garry Humphreys, Peterborough Branch Chair and Medical Officer of Health, presents Shirley Evans with St. John Ambulance Life-Saving Awards for herself and four co-workers.

Shirley Evans and the four co-workers who helped her save the life of another employee at Ventra Plastics, Peterborough, have received St. John Ambulance Life Saving Awards.

Trained by St. John Ambulance, the group administered CPR and called an ambulance after a male worker suffered cardiac arrest. Their quick action and CPR skills saved the man's life.

Shirley is Ventra's Occupational Health Co-ordinator and a branch board member. Shortly after the life-saving incident, Shirley arranged for the purchase of an AED for the company with the assistance of the Peterborough Branch. Dozens of Ventra employees have now received St. John Ambulance AED training.

New Course Compulsory for Youth Leaders

The National Youth Leadership Training Program, a course developed over the last eight years, is now being rolled out across Canada. The course introduces

leaders to the youth program and outlines the information and disciplines required to run an effective program

Current youth leaders and Community Services support staff with direct youth involvement must become certified in this course. New youth leaders and support staff are required to attend the course within the first year of taking on their position. The course is a national youth leader requirement and failure to attend may affect youth leadership status.

Council is committed to the national goal of having all of our youth leaders and support staff trained. Courses have already been held in Mississauga and Belleville and a course will be held in Brantford on May 24 and 25.

A copy of the course manual may be viewed at:
www.StJohnOnline.ca (under the resources tab).
 For more information contact Rebecca Ortiz at
 1-800-268-7581 ext. 282.



YOUTH LEADERS

Youth leaders and Community Services support staff take a class in Mississauga as part of The National Youth Leadership Training Program which is currently being used across Canada. The Mississauga class was one of the first in Ontario.



OUTSTANDING CADETS

St. John cadets from across Ontario who recently attained the Grand Prior's Award are shown during the awards ceremony at Queen's Park with Lt. Governor David Onley, Vice Prior of the Order of St. John for Ontario and Federal District (front row, fourth from right), his wife Ruth Ann Onley (front row, fifth from right), youth leaders and St. John officials. The Grand Prior's Award is the highest of all cadet awards and requires candidates to demonstrate their knowledge and skills in various areas including health and safety, community services and sports and physical fitness.

Reader Survey

I would like to thank those who had taken the time to fill out and submit the survey from the Winter 2007/2008 publication. Your responses will enable us to provide you with information on important issues and to keep you up to date with branch initiatives and successes.

We have compiled the following results from your responses:

- Question 1** 89% of respondents felt that FOCUS gives them ideas that they can incorporate into their plans
- Question 2** 89 % of respondents felt that there should be more articles on branch success stories
- 89 % of respondents felt that there should be more articles on volunteer activities
- 78% of respondents felt that there should be more articles on health and injury prevention
- 72 % of respondents felt that there should be more branch board tips on governance
- Other topics of interest included instructors; volunteers; First Aid, fundraising and recruiting tips; and an introduction of the provincial staff, with each issue focusing on a different branch
- Question 3** The respondents were almost unanimous that there should be four publications a year
- Question 4 & 5** Almost everyone agrees that they prefer the current format and that it should only be changed if there were a need to reduce paper or printing costs

Congratulations to Sue Caughill and Pamela Teesdale from the Guelph Branch and to Tina Basque from the Durham Admin Center for submitting the first responses and winning the FISH stuffed toy! Prizes were also awarded to the senders of next eight submissions.

Sharla Langley-Cormier
Coordinator, Branch Support

St. John in the Regiment

Colonel Cyril Woods, Baron of Slane, K.St.J, Honorary Colonel of the Princess of Wales Own Regiment, Kingston, Ontario is promoting St. John to the youth of the Regiment. Every cadet in the unit who earns their St. John First Aid badge receives \$100 from the Honorary Colonel. This reward also went to an army cadet unit in Casselman, QC. In the last twelve months, 68 cadets have been rewarded for their interest in St. John and encouraged to maintain that involvement.



RED NECK GAMES

Municipal Councillors are shown with St. John Ambulance members following the Canadian Red Neck Games in Minto (Harriston), last summer. The games, featuring wacky quasi-sports competitions, such as the mud pit belly flop and the hubcap toss, have been named the best new festival in Ontario. St. John Ambulance has provided first aid both years the games have run. Above, after checking for damage to the mobile unit which was hit by a hubcap thrown by a municipal councillor, Minto councillors Larry Agla and Dave Turton (left) and Rick Hembly, (right) stand with St. John members, Bob Wiersma, Regional Community Services Coordinator for Grey-Bruce, and Paula Wiersma, Community Services Training Officer for the South Grey Bruce Branch. PHOTO: PAULINE KERR, SSStJ

FOCUS



Editor: Gillian Kearney

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Submissions, comments and requests to
reprint information should be sent to:
Sharla Langley-Cormier
St. John Council for Ontario
15 Toronto Street, Suite 800
Toronto, Ont. M5C 2E3.
Tel: (416) 923-8411 or 800-268-7581.
Fax: 416-923-4856.
E-mail: Sharla.Langley-Cormier@on.sja.ca.
Website www.sja.ca.
Charitable registration
#108022237RR0001.