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From the Outgoing Provincial Training Officer

by Chris Bolestridge, SBSStJ

Without really realizing how much time I have spent as a volunteer with St. John Ambulance, I find that 19 years of my life have flown by. Starting out as a Cadet (Y315), I progressed through the ranks and eventually attained the rank of Cadet Leader. Later, as a member of an Adult unit, I had the opportunity to assist with training both at the unit and at the provincial levels. Although my career took me to California for a year, I maintained my involvement with FD whenever I found myself back in the city. On returning to Ottawa, I assumed the role of Unit Training Officer with 1042. From there, I accepted the position of Provincial Training Officer – a position which I have held for the past three years.

It is with some sadness that I find myself leaving FD again. Although my family and I are in the process of relocating to Sudbury, I am confident that this is not a final good-bye and I am sure that I will be back once in a while to help out. Although I will continue to serve St. John in Sudbury, my heart will remain here in FD. I have so many fond memories and I thank all those who have mentored me, assisted me, or otherwise made my time with FD that much more rewarding. I know without my SJA experiences, I would not have followed the nursing career path of nursing. SJA has brought me a lot of 'Joie de vivre' and I hope it can do the same for you.

On that note I must now say so long. I have great confidence in my successor, Dave Rakabowchuk, and I know that he will serve FD well. Please drop me a line if you ever find yourself in Sudbury.

I'll Have 2 Eggs, Some Bacon and a Sleigh Ride, Please.

by Dave Hamblin, OStJ

More than 25 Youth members and their families members attended a pancake breakfast and sleigh ride at Smithvale Stables on February 20, 2011.

The buffet was great, with tons of



food, including some excellent *stick-to-ryer-ribs* homemade baked beans which kept everyone "warm" for hours.

Afterwards, Youth members played and skated on the frozen duck pond or took advantage of the old fashioned sleigh ride. For those members who had never experienced a sleigh ride, most agreed that it was the best part the day.

Photo credit: D. Hamblin



One Thousand Hours and Counting

By Carol Gervais, Unit 1127 Therapy Dogs



Wee Willie and I joined the Therapy Dog Program in the fall of 1997. We made our first visit to the Cumberland (seniors) Lodge on December 4 of that year and have been visiting regularly on Thursday mornings ever since. Cumberland is a small town located just east of Ottawa.

Wee Willie is a terrier/poodle mix, born on July 29, 1993. The first time we saw him he came bolting through the front door on his way to greet us, with the breeder running frantically behind him. He has kept up that same pace for most of his life. As a young dog he excelled at obedience training and even managed to gain recognition as a "Canine Good Citizen". It was after viewing an episode of "Regional Contact" on local television featuring the SJA Therapy Dog Program that I became interested.

I knew Willie would be a perfect therapy dog. He is sweet, quiet, intelligent, gentle and fun (he could dance on his hind legs and do pirouettes). He is a tough little guy having survived organophosphate poisoning at five months old when he licked up some drops of horse wormer, almost lost an eye to a stray cat that he had cornered under the trailer at five, suffered a ruptured anterior cruciate ligament (which was replaced by a nylon thread - amazing) while chasing a rabbit at nine, and most recently in January survived a wicked bout of gastroenteritis during which he was hospitalized for three days.

Willie loves people. And the seniors at the Cumberland Lodge love to pet and cuddle him (especially the ladies), and marvel at the softness of his fur. Over the years we have met so many wonderful, kind people who have become best friends with Willie. Every Thursday we look forward to our visits and I welcome the opportunity to share Willie with these fine folks, many of whom had dogs throughout most of their lives, which they miss of course.



Photo courtesy: C. Gervais



Council Fundraiser for the St. John Eye Hospital

by Dave Hamblin, OStJ

On Wednesday, February 16, 2011, a fundraising reception was held at the official residence of the Head of the General Delegation for the Palestinian Authority, His Excellency Amin Abou Hassira. His Excellency was kind enough to open his doors to St. John and members of the community to help raise funds The St John of Jerusalem Eye Hospital in Jerusalem.

The St John of Jerusalem Eye Hospital Group was established in Jerusalem in 1882 and is the only charitable provider of eye care in Gaza, the West Bank and East Jerusalem. In 2010 alone, they treated 102,382 patients, of which 34,238 were under the age of 18. This hospital has supporters both from the Jewish, as well as the Muslim communities and they treat patients regardless of their faith, nationality or the patient's ability to pay.

Each year, Councils from across Canada pledge to give a donation, to the Eye Hospital. With the driving force of Joe Varner, Allan Bird and other Board members and Office Staff, we are pleased to report that to date we have raised a little over \$4300.

Well done all!



Nepean-Carleton MPP Lisa MacLeod and H.E. Ambassador Amin Abou-Hassira, General Delegate of Palestine to Canada



General Delegate of Palestine to Canada, H.E. Ambassador Amin Abou-Hassira with St. John Ambulance Federal District's Board President, André Levesque



Photos credit: D. Hamblin

Memories of an Old Man (Stretcher Bearer)

by Kaitlyn Caillier, Crusader in Youth
Unit # 32



It began as any other time would.
After my nap I began to work on the wounds;
Bring in the young men who had been hurt,
But today didn't seem like an ordinary day.

Thud, Thud, Bong, Boom...
Sounds I hear every day, but today were louder,
These sounds were followed by screams.

We rushed outside to go and see what happened,
And two little sisters who had been bringing in the cows
Were on the ground. A shattered German plane a few yards
away...

We put both girls on the stretcher and ran.
The pain in their eyes, oh that pain...
Back in the tent we bandaged one up;
So I went to the other.
Sucking chest wound she had, poor little girl.
She took one breath and went away to the heavens where she
will stay.
Her sister knew her sister died,
But she didn't know how or why.

Years have passed and I still remember her face in my head.
I've treated many a men and seen many faces,
But nothing has scarred me like that.

I went back today to get married in a church in France,
There, near the alter, that girl's sister stood.
She came and thanked me for saving her life and
Asked me about her sister.
I told her what had happened; she cried but was happy.

After the ceremony and before the reception
We went to the girl's grave; her sister led the way.
My wife put her bouquet on the stone,
We said a prayer, and then her sister went home.

Every few years some time we go back
And place flowers on her grave.
I will always remember that little girl with the brown hair.

Author's note:

I met Bud Hannam through my St. John group where I learned first-aid. We have a veteran come every year and share his experiences with us.

This really touched me because he said that the girl was around my age.

Kaitlyn

Photo courtesy: K. Caillier

St. Patrick and St. John; Wearing of the Green

by Dave Hamblin, OStJ



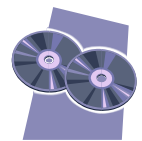
What's this; a wee leprechaun princess? Nay, it's Shayla Lanthier from Youth Unit 1041. Shayla was just one of the many Federal District members (Youth, MFR and Provincial Staff) who gathered together on a blustery day to participate in Ottawa's annual St. Patrick's Day Parade on March 12, 2011.



Kirstin Picard (Unit Training Officer) and Tom Hopkin (Stores Sergeant) of MFRS Unit 1042.

Photos credit: D. Presley

Training Changes



New training materials based on the guideline changes from the International Liaison Committee on Resuscitation (ILCOR) for First Aid and CPR will soon be out.

Once released, all Instructors will be asked to attend workshops so that they may update their teaching methods to both the public and Volunteers alike.



Reporting For Duty.....

Dear St. John's Ambulance,
 Thank you so much for
 supporting Superwalk again
 this year - we really appreciate
 your participation.
 Here are some photos
 for you. Sincerely, Hilary

A better life with a brighter future for Canadians living with Parkinson's today.
 A world without Parkinson's tomorrow.
 Une meilleure qualité de vie et un avenir plus prometteur pour les Canadiens atteints aujourd'hui.
 Un monde sans le malade de Parkinson demain.



Photos Courtesy :
 Parkinson Society
 Canada (Ottawa)



Parkinson Society Superwalk, September 11, 2011
Left to right: Members of MFRS Unit 470 Susan Farrell, Mark Charlton and Michelle Murphy



Kirstin Picard and Lilian Cailleaud from MFRS Unit 1042
 enjoying the Winter Celebrations at the Governor General's
 Residence.

Photo Credit © Louise C Imbeault



MFRS Unit 1042 Members Tim Bailey, Roxanne Clarke and Bob
 Goneau recruiting at the Ottawa 67s game.

Congratulations Page

Promotions/Appointments

Congratulations to Dave Rakabowchuk on his appointment as Provincial Training Officer.

Congratulations to Jesse Boszormeny on his appointment as Deputy Provincial Stores Officer.

Congratulations to Kellie Chapman on her appointment as Youth Program Coordinator (Y32).

Individual Achievements

Congratulations to Peter Beatty (PSO) on successfully completing his Masters degree in Organizational Psychology. Peter's Master's Thesis was entitled *Engagement, Organizational Commitment, and Incremental Variance in the Measurement of Job Satisfaction, Performance and Turnover Intent within the Canadian Forces*.

Congratulations to the following members on successfully completing the FD Recruit Course:

Josh Hefler (470)

Chris Whittingham (470)

Congratulations to the following members on successfully completing the AMFR-1 course:

Clarissa Sugeng (1180)

Brian Ha (1180)

Chris Koenig (1042)

Jessica Chu (1180)

Adi Kartolo (1180)

Liz Udall (470)

Christine Tenneson (1180)

Jessica Kuipers (1180)

Hayden Smith (1180)

Nicole Bedford (550)

Greg Thomas (550)

Jason Lee(1042)

Joanna Heath (550)

Congratulations to the following members on successfully completing the EFA course:

Melissa Boisvert (Y315)

Kimberly Giles (Y315)

Krystian Miersma (Y1041)

Chady Bouchakra (Y1041)

Kathy Gore (Y32)

Gaetano Pacifico (Y1041)

Nicole Dempsey (Y32)

Michelle McEwen (Y32)

Josee Ross (Y315)

Congratulations to the following members on successfully completing the SFA course:

Sarah Lavallee (Y315)

Mylecia Johnson (Y1041)

Amy Reeve (Y1041)

Andre Hamilton (Y315)

Mike Hamilton (Y315)

Adriano Pacifico (Y1041)

Emily Milan (Y315)

Rachide Bouchakra (Y1041)

Nick Morrin (Y1041)

Congratulations to the following members on successfully completing the Mobile Attendant's course:

Jesse Boszormeny (PSO)

Chris Leger (550)

Dave McEvoy (550)

Congratulations to the following member on successfully completing the Mobile Driver's course:

Jesse Boszormeny (PSO)

Weddings



Congratulations to Andrew Stanzel (550) on his marriage to Kelly Moxam . Andrew and Kelly were married on September 25, 2010.

Photo courtesy: A. Stanzel

Obituaries



Roch Baillot, SBStJ
February 27, 1958 to March 12, 2011

Instructor-Trainer, Manager of Training, Coordinator for the St. John National Arts Centre Emergency First Response Team, former Interim CEO for Federal District and Member of the Order

Photo credit: D. Hamblin

A reminder of upcoming events.....

- Adult Awards Dinner – Saturday, May 7th.
- FD First Aid competitions – Saturday, May 14th.
- FD Medieval Youth Camp – June 2, 3, 4 & 5
- Youth Awards (TBD)
- National/Federal District Investiture—June 25
- Leadership seminar—Fall 2011