

Leaving a lasting legacy to St John

Patricia Turnbull donated two ambulances to St John in 2014. She decided to donate the ambulances as part of a living bequest so she could see the positive impact it had on the community.

Patricia has enjoyed seeing her ambulances, or her 'twins' as she likes to call them, around the Christchurch community for the last few years.

"Go girls, keep up the good work which is much appreciated"
— Patricia's parting words to her twins

Last week, we had the opportunity to show Patricia her ambulance before it was relocated to Oamaru. The other twin is now serving the Balclutha community.

You may see the 'YORKIE' and 'YORK E' ambulance number plates around Christchurch as they will be placed on two new ambulances.

If you are considering leaving a gift in your will to St John and would like to find out more information please call **0800 ST JOHN**.



Patricia with one of the twins before it heads off to Oamaru



The 'twins' side by side

Share your story with us!

Do you have a story, a favourite recipe or a great gardening tip you would like to share?

Then we want to hear from you!

Email your story (plus any photos), recipe or tips to intouch@stjohn.org.nz or via post to:

St John In Touch stories
C/O Product Team, Private Bag 14902, Panmure, Auckland 1741

Congratulations to Margaret McPherson and June Castle for sharing a recipe and photo.

You will receive a \$50 Four Square gift card if we use your story in our newsletter!



Let us know you are going away

It is important that you let us know if you are going on holiday for three or more days to assist us in monitoring your alarm. There are two ways you can let us know:

Calling us:

Call St John on **0800 50 23 23** before you leave.

If you are calling after hours, **press 1** to speak to one of our staff members.

Cut off and send this card:

Complete this form, cut off this card and pop in an envelope and post to:

Customer Services
St John Medical Alarms team
Private Bag 14902
Panmure
Auckland 1741

Customer number: _____

(if known—don't worry if you don't have this)

Name: _____

Address: _____

Date going away: ____/____/____

Date returning: ____/____/____

Chocolate Steamed Pudding

Ingredients:

<p> Ingredients: Pudding > 120g Butter > ½ cup Sugar > 1 Egg > 1 cup Flour > 1 cup Cocoa > 1 tsp Baking Powder > ½ cup Milk </p>	<p> Chocolate Sauce > 1 cup Hot Water > 2 Tbsp Cold Water > ¼ cup Caster Sugar > ¼ cup Cocoa > 2 Tbsp Cornflour to thicken > 1 tsp Vanilla Essence > 25g Butter </p>
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Pudding Method:

- > Melt butter and combine with egg and sugar.
- > Stir in the dry ingredients to the mixture.
- > Add milk to bind ingredients together.
- > Pour into a greased pudding bowl with a greased lid then steam for 1 ½ hours. Serve with whipped cream and chocolate sauce.

Sauce Method:

- > In a small saucepan blend the cornflour and cocoa with the cold water to make a smooth paste.
- > Stir in the hot water, caster sugar and butter.
- > Stir over a medium heat until the mixture boils and thickens, for about 8 minutes.
- > Lastly add in the vanilla essence.

Thanks to Margaret McPherson from Bishopdale for sharing this recipe! ■

Riddle answers
1. Smiles, because there is a mile between each 's'.
2. A stamp 3. All 12 months.
Puzzle answers
9. The number at the centre of each triangle equals the sum of the lower two numbers minus the top number.



In Touch

Your St John Medical Alarm newsletter

Issue 015 | 2017



St John
Here for Life



Christchurch Justice and Emergency Services Precinct

Members of the public got a behind-the-scenes look inside Christchurch's new Justice and Emergency Services Precinct at the open day held on Sunday 17th September. An estimated 14,000 people took the opportunity to look at the facility, with the queue to enter quite long but certainly worth the wait.

At the open day there was a chance to:

- > Learn about the building and find out more about the people who will work there.
- > Engage with the emergency services (New Zealand Police, Civil Defence, Fire and Emergency New Zealand and St John) and see how they will work together in the new Emergency Operations Centre.
- > Get a sneak peek into the courtrooms and the cells.
- > Climb into a fire truck, see an ambulance and command unit, and meet a Police dog.

About the precinct:

- > It will house the Ministry of Justice, New Zealand Police, Department of Corrections, Fire and Emergency New Zealand, St John and Civil Defence.
- > There are three buildings – one for justice, one for emergency services and a car park.
- > The base isolators, which protect the building during an earthquake, are on the first floor, above the cells.
- > It is set up to operate for more than 72 hours during emergency events. This includes food, water, power generation and grey-water and sewage storage.
- > Heating and cooling is managed using aquifers below the building as a heat exchange.
- > The Precinct has about 40,000 square metres of floor space. About 2,000 workers and visitors will use it daily.

Photo Credit: Pam Carmichael

St John Op Shops

When you shop with us, you're supporting your local community fundraising projects.

Op shop profits go towards local St John Youth Programmes, purchasing new ambulances and Health Shuttles, and buying vital new equipment; allowing St John to continue its life-saving and life-changing work. Plus, you'll go home with fantastic pre-loved goods at bargain prices.

With stores from Russell to Invercargill, pop in to donate, volunteer or shop – and find out why we're New Zealand's most trusted charity. If you'd like more information on a specific location please visit www.stjohn.org.nz/Shop/opportunity-shops/ ■



St John Op Shop – Henderson

Small acts add up to a new ambulance

A gift-wrapped ambulance in Dunedin was like an acorn growing into a "mighty" oak tree, St John says.

About 50 people were in the Octagon to see the new Mercedes Benz ambulance unwrapped at an unveiling ceremony at which ASB General Manager of branch banking Grant Gilbert, from Christchurch, said the Mercedes-Benz ambulance was worth \$186,000.

The money raised was from donations and fundraising, mostly from a campaign selling more than 10,000 toy ambulances in branches across New Zealand, for \$15 each, in December last year.

St John Dunedin area committee chairwoman Annette Tiffen said the campaign was akin to the saying "mighty oaks from little acorns grow". "From the sale of 10,000 of these little ambulances, we now have a mighty big one."

Mr Gilbert said the new technology inside the ambulance including an automated Powerload Stryker Stretcher, which could carry 318kg and was expected to help reduce ambulance crew lifting injuries in Dunedin.

St John South Island Fundraising and Marketing Manager Debbie Pipson said the ambulance was a "much-needed" replacement in the Dunedin fleet of nine ambulances. The new ambulance has been on the road saving lives since the end of August.

Source: Otago Daily Times (Dunedin) 04 Aug 2017, by Shawn Mcavinue. ■



The voice behind St John Medical Alarms – Carole Mudford

When did you first join St John? I joined St John as a volunteer in about 1993. I was employed as a casual First Aid Tutor in 1994.

What is your current/ main role at St John? My current role is Training Delivery Manager for Northern Region. I also help with recording the voice files for our medical alarms.

Where did you grow up? I was born in Wellington but my memories are of growing up in Auckland.

Describe a typical day for you in your St John role? I leave home in West Auckland early to avoid peak traffic so I arrive at work around 6.45am. Depending on the time of year my focus could be on doing in class observations of tutors, recruitment of tutors, budgets, planning for the coming years courses or carrying out performance reviews.

What do you enjoy about St John? It is important to me that what I do makes a positive difference to the people who work in my department and more widely, the public of NZ. It is my desire that the people who report to me enjoy their work as much as possible. Most people want to enjoy what they do. Life is too short not to! I am very proud of the wonderful people who work for St John First Aid Training both in the tutor team and our fabulous administrators. They are truly a talented, committed and amazing bunch of people.

Tell us something exciting about yourself? My husband of 35 years and I have a 1982 Corvette Stingray in which we do a lot of driving. In a car like that the journey is important, not so much the destination but we have driven it to some beautiful places. When we first got married Shayne told me



Carole Mudford

about his dream of owning a Corvette. I remember giving him a miniature Corvette for one of his birthdays never believing we would own a real one eventually. Shayne had a heart operation in 2008 and we realised after that out-of-the-blue event that life is short so follow your dreams. We did a 7 week trip to the UK and Europe and bought our beloved Corvette.

One last thing to mention?

My mother June Castle is a St John Medical Alarm customer. One night a while back there was a glitch with the power and she thought she could hear my voice in the house. It took her a moment to realise that it was actually the medical alarm playing a pre-recorded message; which was in fact me telling her there was a problem with the connection. ■



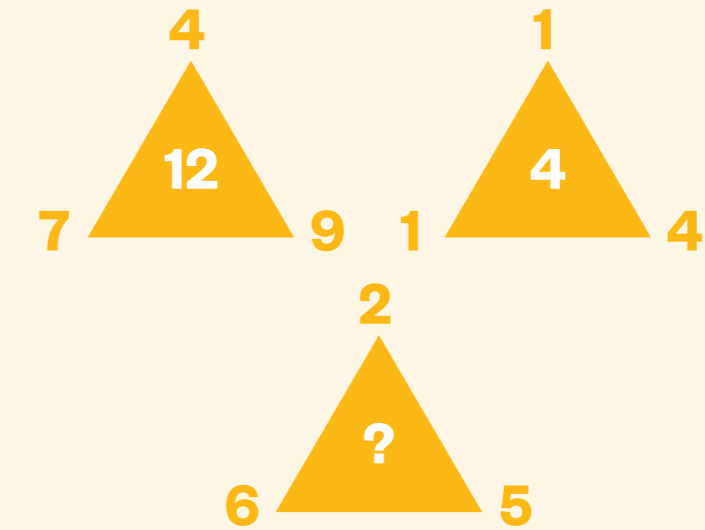
June Castle proudly displaying her pendant

Riddles

- 1 What is the longest word in the dictionary?
- 2 What travels around the world but stays in one spot?
- 3 How many months have 28 days?

Puzzle

Which number replaces the question mark?



*Answers to the riddles and puzzles feature on the back page.

Word search

- > Ambulance
- > Christmas
- > Health
- > Help
- > Intouch
- > Kits
- > Medicalalarm
- > Opshop
- > Precinct
- > Recipe
- > Training

C	C	Y	W	P	O	Z	P	I	A	N	T	I	M	G
S	H	C	R	C	O	R	S	S	G	H	R	R	O	H
O	K	R	I	B	E	H	H	L	T	K	A	H	L	M
K	H	S	I	C	N	F	S	J	C	L	I	T	L	G
B	Y	M	I	S	T	F	X	P	A	Q	N	L	I	L
L	R	N	P	O	T	J	D	L	O	V	I	A	I	V
O	C	B	H	M	E	M	A	I	E	C	N	E	R	C
T	T	W	J	P	I	C	A	K	L	Y	G	H	V	F
I	W	U	I	O	I	X	M	S	I	Y	K	W	M	L
E	P	C	E	D	Z	H	C	U	O	T	N	I	D	K
F	E	T	E	Q	S	Y	W	J	M	Y	S	C	D	D
R	P	M	S	F	M	Y	N	C	A	F	M	D	J	Z
D	T	D	Y	O	S	X	Z	O	Q	N	F	A	Z	M
A	M	B	U	L	A	N	C	E	H	E	L	P	O	O
Z	W	J	J	B	H	K	M	I	D	D	Y	N	C	Y

Be in to win 1 of 5 Four Square gift vouchers each worth \$50

All you have to do is tell us one thing that op shop profits go towards.

To enter, either email us the answer at intouch@stjohn.org.nz or write the answer on the back of an envelope and send it to us along with your details to:

St John In Touch Competition
C/O Product Team
Private Bag 14902, Panmure, Auckland 1741
Alternatively, email intouch@stjohn.org.nz

Congratulations to the winners of the last edition:
E Taylor, J Dunn, P Beardsley, M King and M Pratt.



Would you prefer In Touch via email?

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