

How to get involved

"Membership has given me a wonderful opportunity to help a variety of local causes and overseas projects. At the same time, it is a real pleasure to meet and work together with like-minded people."



St John Scotland operates through 12 Area Committees:

- Aberdeen and the North-East
- Edinburgh and the South - East
- Angus and Dundee
- Fife
- Ayrshire and Arran
- Glasgow
- Central
- Highland
- Dumfries and Galloway
- Perth and Kinross
- Dunbartonshire
- West Lothian

These committees help achieve the mission of St John Scotland: to improve the safety, health and quality of life of people in need. The committees are involved in all kinds of charitable projects ranging from providing transport for people in need to supporting other local charities with similar aims. They raise funds by holding events in their areas and for larger projects can apply for additional support.

There are many ways you can support the work of St John Scotland in your area. The first step is to complete and send in the form below. Your details will be passed to your area secretary who will then contact you. Alternatively, you can contact your area secretary directly by going to www.stjohnscotland.org.uk where you will find the contact details.

Members of the Priory receive the newsletter two or three times a year and are invited to attend meetings and fundraising events such as garden parties, raffles, art shows and race nights. For people with more time to offer, there is the opportunity to volunteer, either occasionally or on a regular basis.

PRIORY MEMBERSHIP FORM

Title

Surname

Forename

Address

Town Postcode

Telephone

Email

Date

Please return this form or a photocopy to:

Audrey Leighton, Priory Administrator, Head Office: The Chancery of the Priory of Scotland, St John's House, 21 St John Street, Edinburgh EH8 8DG

Thank you!

New Lord Prior

On behalf of The Queen, the Sovereign Head of the Order of St John, the Duke of Gloucester, Grand Prior, installed Professor Anthony Mellows as the new Lord Prior of the Order at Priory Church, St John's Square in London on 20 November 2008.

The Rt Revd Jack Nicholls, Prelate of the Order, conducted the ceremony which was attended by members of the Priors, Commanderies and Associations of the Order from around the world, as well as members of The St John Eye Hospital in Jerusalem and other distinguished guests.

The congregation were treated to the beautiful voices of the Choir of the Chapels Royal HM Tower of London during the ceremony. The Choir is one of the three choirs of Chapels Royal, the others being based at St James's Palace and Hampton Court Palace.

Professor Mellows takes over the position of Lord Prior from Lt Colonel Eric Barry, who has held the position for the last six years



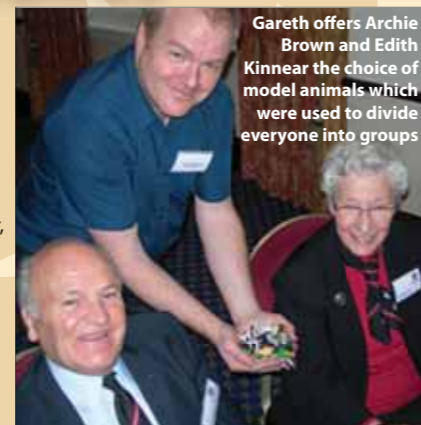
Professor Anthony Mellows with the Duke of Gloucester

Novel ways to raise funds

Over 40 Priory members enjoyed a day of brainstorming at Inchyra Grange, Polmont in November at St John's second Gathering.

Delivered by experienced fundraiser, Gareth Edwards, the sessions included sharing expertise, managing events better, new ideas and fundraising in an economic recession. Gareth, who worked for many years at the NSPCC and now has his own animal sanctuary in County Durham, was entertaining and informative, with lots of suggestions which gave attendees plenty to think about.

One suggestion which caught people's interest was a Wheelbarrow of Wine. Instead of doing a traditional raffle, Gareth suggested a Wheelbarrow of Wine. All invited guests to your event are asked to bring a five pound note – on which they write their initials – and a bottle of wine. The bottles are put into a wheelbarrow (or similar!) as the prize and one fiver is drawn out of the hat. It is a simple way of raising money and holding a raffle without having to print tickets or collect prizes.



Gareth offers Archie Brown and Edith Kinnear the choice of model animals which were used to divide everyone into groups

Helping here and around the world

With its origins in an 11th century hospital for pilgrims in Jerusalem, the Order of St John has evolved into a charity caring for people in need in over 40 countries.

The Order is supported by thousands of volunteers worldwide who share its commitment to help people in sickness, distress, suffering or danger.

Today it is organised from centres, known as Priors, in eight countries: Australia, Canada, England and the Islands, New Zealand, Scotland, South Africa, the United States and Wales.

St John Scotland's mission is to improve the safety, health and quality of life of people in need. Membership is open to all and through the 12 Area Committees, St John Scotland supports a variety of projects across the country. These include:

Supporting mountain rescue teams
Providing transport for people needing hospital treatment
Supporting palliative care

Unlike its fellow Priors around the world, St John Scotland does not operate the ambulance service or provide first aid training. It does, however, contribute to two significant international projects: the St John Eye Hospital in Jerusalem and St John Malawi's Primary Health Care Project.

The Order is a royal order of chivalry with Queen Elizabeth II as its sovereign head who confers membership in recognition of an individual's service and commitment to caring for others.

If you would like to find out more, please contact the Edinburgh Office for details of your local area secretary:

The Chancery of the Priory of Scotland, St John's House, 21 St John Street, Edinburgh EH8 8DG

Telephone 0131 556 8711 Email info@stjohnscotland.org.uk
 Scottish Charity SC000262



Dates for the Diary

The Festival 2009

Thursday 25 June, 11am, Inverness Cathedral.



In Brief

Service Medals

Last Autumn saw the first awards of the Order's Service Medal under new criteria. Several medals have been presented to Priory members in the Edinburgh and South-East Area while awards in other areas are being progressed. It is hoped that numbers will allow presentations in the future to be made at the annual festival. Recent changes in the rules have retrospectively greatly widened eligibility for Scotland. Further information can be obtained from Area Secretaries or St John's House

Action in Mumbai

St John Ambulance in the Maharashtra District, Mumbai were called into action during the horrific terrorist attacks in November.

St John Ambulance volunteers remained close to the Taj Mahal Hotel and provided support in casualty evacuation from the building and first aid to injured persons over an extended period of time.

The Patron of St John Ambulance No III District, Captain Roderick Sale, said: "I would like to take this opportunity to record my fullest praise for the consistent efforts of No. III District during the recent Mumbai shootings. In these very tragic circumstances they have provided an invaluable service notwithstanding the considerable danger that they were all in. I am very proud of their efforts."

Gaza clinic re-opens

The outreach eye clinic in Gaza survived the recent bombardment intact and by 20 January Dr Juma had re-opened the clinic with a few staff.

The homes of Hanan Za'alan (Staff Nurse) and that of Mohammed Barakat (Senior Ophthalmic Nurse), were damaged. Mohammed lives in Rafah and has had his home destroyed on a previous occasion.

At first there were no serious eye cases but this was expected to change when people became confident enough to travel. The roads to Gaza were very badly damaged by bombing and deep holes in the roads did not allow cars to pass through. The main road could not be used while the coastal road was passable but with great difficulty.

Break in the Borders

If you are staying in the UK this summer, then take a trip to the Borders where a lovely one bedroom, self-catering holiday cottage is being offered to members of St John with a bonus. Ten per cent of the cost will be donated to the Order to any area or project specified by the customers.

Cottage owners, John and Allwin Wilkinson, have learned about the work of the Order through Jim Delaney, Fife Secretary, and his wife Ruth, the sister of Allwin.

The cottage is at No 9 Galabank, Stow, Nr Galashiels and is available on a weekly basis and also for short breaks outside peak season.

Galabank was a droving inn and it sits beside an old drove route and pre-dates the current road. It inspired the poet, Rabbie Burns to write The Braw Lads o' Gala Water – in fact he inscribed the first verse on a window pane in the upstairs room of No 10.

Find out more by phoning John and Allwin on 01578 730289 or emailing on wilkinson57@btinternet.com. The website is www.galabank.co.uk

InFocus

www.stjohnscotland.org.uk

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OBAN OPEN FOR ACTION



Left to right John Peden (Chairman of Oban MRT), Damon Powell (Leader of Oban MRT); Sir James Stirling of Gerden and Kenneth MacKinnon, Lord Lieutenant of Argyll and Bute.

The newly refurbished base of Oban Mountain Rescue Team was formally opened by the Prior of St John Scotland, Sir James Stirling of Gerden in November 2008. Music was provided by Mr Maurice Duncan who had composed a jig "Oban Mountain Rescue salute the Order of St John". He gave the first public performance of it (on the fiddle) at the opening. Also present was the Musical Mountaineer, Bill Mathew, whose CD raises funds for the team - see below.

The refurbishment of the base, which cost £52,000, furthers St John Scotland's support of the Oban team which began in 2002 with the donation of a Land Rover followed by the purchase of Oban's former fire station for use as a base in 2004. The total commitment from St John Scotland to Oban is now well over £250,000.

The modifications mean that the building can now be used much more effectively by the team as a base for their equipment, training and other activities.

Oban Rescue Team Chairman, John Peden said, "The team was set up in 2000, and

we have been very lucky to get such a suitable building as our base. With the refurbishment complete it is like a new building. We are delighted now to have a proper home for our vehicles and equipment and such a great training facility."

Oban MRT has 37 active members and responds to between 15 and 20 call-outs a year, in an area covering the northwest of Argyll from Bridge of Orchy to Campbeltown and islands including Mull and Jura. More information can be found at www.obanmrt.org.uk

Over £2.3m has been committed by St John Scotland to rescue support in Scotland over the last 10 years. A vehicle has been bought for each of 25 teams and 11 mountain rescue bases have been built or bought. A significant contribution was also given to the rescue boat for Loch Lomond in 2007.

The Musical Mountaineer is a member of Oban Mountain rescue team and has also produced a CD of well known songs such as Bright Eyes and Lochnagar. The CD, which promotes St John, costs £9.99 and £2 goes to the team. Order your copy through his website: www.musicalmountaineer.com

A survivor's tale

Climber, Michael Tunney, recalls the day he was rescued.

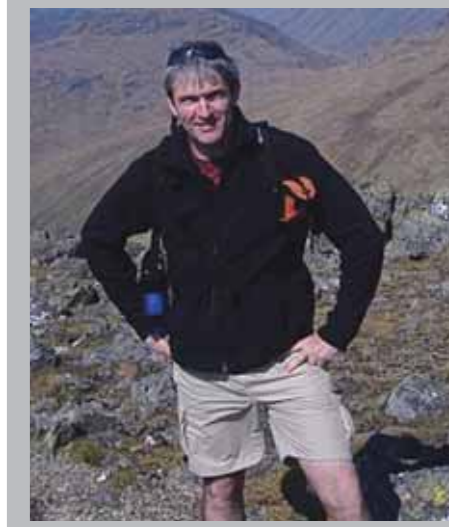
On the 11 November 2006, I was with my son climbing Beinn Achaladair and Beinn a'Cheachain, which is part of a group of Munros near to Bridge of Orchy.

Unfortunately, an excellent day was about to become a life-threatening experience that I will never forget. I took a slip on some ice that sent me on a bouncing, 200 feet departure from the mountains! I was very lucky to survive. I broke my neck, right hip and arm, 7 ribs and punctured a lung.

After what seemed like an eternity, we could see the head torches of the mountain rescue team approaching from the road.

Read the full story on my website: <http://mtunney.wordpress.com/>

In May 2009, I am embarking on a fundraising challenge to complete the nine Scottish 4,000 feet peaks and 14 Munros en route in nine days! The total ascent will be just under 30,000 feet, which is higher than Mt Everest. The recipients of this challenge are the Northern Police Treatment Centre located in Auchterarder, Perthshire and the Oban and Arrochar Mountain Rescue Teams - they reached me first and provided the initial first aid and assessment.



Editorial

Terrorist attacks in Mumbai, cholera in Zimbabwe, bombardment of Gaza and three climbers killed in Glencoe – all grim headlines from the last few months but what might surprise many people is that they have something else in common – the Order of St John.

St John volunteers were working hard in Mumbai and Zimbabwe while in Gaza, the St John Eye Hospital staff were living through the worst bombardment the area has experienced.

The rescue of six climbers and the loss of three following an avalanche in Glencoe in January can be linked to the Order through St John Scotland's significant financial support to the Scottish mountain rescue teams - over £2.3m since 1997.

Although these events seem remote when viewed from the safety and comfort of our homes, through St John we are directly connected to them. Everyone can help make a difference simply by supporting the activities of their local St John Committees. It is thanks to their dedication and commitment that funds are available which enable St John Scotland to fulfil its mission - which is to improve the safety, health and quality of life of people in need.

In the light of the economic downturn, all committees will have to work harder to raise the funds they need. At St John Scotland's Gathering in November, discussions included many practical ideas for fundraisers.

Whatever events are planned for 2009, supporters can be reassured that their donations go directly to people in need, at home and abroad, and so be inspired to give generously.

Carolyne Nurse
Communications Manager

Help for Zimbabwe



At the end of 2008 Zimbabwe faced its most serious cholera epidemic ever as the disease spread rapidly across the country claiming the lives of nearly 2000 people.

St John Zimbabwe set up three treatment centres where volunteers provided care and rehydration treatment. The supply of materials and equipment such as protective clothing, bleach, soap, sugar, salt and water purification tablets were delivered through the Priory for South Africa. Funding for this came from the Priors, including St John Scotland, which contributed £5000.

Bill Moore the Chairman of St John Zimbabwe visited in January and here are excerpts from his report.

On Monday, 5 January, Sister Dominica and I visited the two cholera treatment centres in Harare, accompanied by Mr. Chiguvari, our Brigade Secretary.

We went to the Beatrice Road Infectious Diseases Hospital in Mbare, where the matron and sisters received us very well and heaped praise upon the St. John-ers for their sense of discipline and

dedication to work.

At the height of the epidemic there were 500 patients and beds had been set up under trees in the gardens outside with the rehydration drips suspended from the boughs of the trees.

The hospital staff at Beatrice Road were clearly sorely understaffed and overworked. They stated it would be difficult to see how they could possibly have managed to keep the place clean and running without the help of St. John.

Our St John volunteers are not only hard-working, dedicated and disciplined but they also now realise the importance of what they have been doing. Some of the volunteers are graduates of the child-headed households' programme but many of the others are from Mbare High School.

It proves that the work St John does in schools and with child-headed households is bearing great fruit. I am very proud of our people.

Area Round Up

Dumfries and Galloway

A new Link Nurse post has been created at the St John Unit in Galloway Community Hospital thanks to the hard work and dedication of St John Dumfries and Galloway.

In the new post, Elaine Rankin, who was supported by the committee with a bursary for her Marie Curie diploma in palliative care, will co-ordinate and develop the various services available at the Unit to ensure a seamless delivery of care to patients.

She will liaise with patients and their families on St John's hospice -at-home and patient transport services as well as working closely with family doctors, community nurses and a number of wards at the hospital.

"This is an exciting opportunity and we are delighted to be in a position to make it happen," said John Calvert, chairman of the area, which is providing £70,000 to fund the post over the next three years.

Highland

Pictured right is Margaret Gallagher, a senior member of Highland Regional Council's Social Work department with one of two bikes donated to the St John Highland's Christmas Giving Tree.. Bikes and associated equipment were donated by the same two sisters in 2007 as well.

Over the past 12 years, Margaret has distributed the gifts donated through the local committee to under-privileged children in the area.



Margaret with one of the two donated bikes

Central

In a new venture, the Get You Home Fund at Stirling Hospital is being supported with a donation of £600 from St John Central. This is a service offered by the hospital to people who find they are unable to get back home after an accident due to lack of money. The Get You Home Fund provides essential funds for a safe journey home.

Dunbartonshire

A special Gala Dinner in October at the Governor's House at Dunbarton Castle in October raised £800 for St John Dunbartonshire.

The Keeper of the Castle, Brigadier Donald Hardie, hosted the event which was organised by the Dunbarton and Clydebank committee chaired by Wing Commander George Campbell. Entertainment was provided by leading Dunbarton piper Colin Lawrie and members of the Helensburgh-based Margaret Rose School of Dancing.

At the end of October, cheques for £750 each were presented to the Loch Lomond Rescue Boat, the Arrochar Mountain Rescue Team, Mugdock Country Park to enhance disabled access, the Acorn Centre 'one stop shop' for children at Vale of Leven District General Hospital and the St Margaret of Scotland Hospice at Clydebank.

Perth and Kinross

After over a year of dedicated fundraising, the committee reached its target of £75,000 for the new palliative care unit at Perth Royal infirmary. This fantastic amount was raised through all kinds of events including various piping occasions and a golf day at Auchterader. The new unit is scheduled to open at the end of 2009.

Edinburgh and South-East

The annual musical evening at Duns Castle was a great success thanks to three performers from the Royal Scottish Academy of Music and Drama. Amy Shackcloth, Maggie Marino and Aaron Lee Lambert provided an exuberant programme of songs from American shows to entertain the guests. Proceeds from the event were added to funds raised earlier in the year and donated to local charities.

Fife

The annual carol service at Upper Largo was well attended and afterwards cheques were presented to Disability Sport Fife for £1500 and the Madeleine Steele Trust for £1000. Fundraising by the revived Glenrothes regional committee resulted in various donations to the Glenrothes Hospital and plans to reconstruct the sensory garden at the hospital.



Dancing at Dunbarton Castle

New directions for Alan

After 25 years with Aberdeen Mountain Rescue Team, deputy team leader, Alan Crichton, is taking his leave. Here he looks back over the past quarter of a century in mountain rescue.

I joined Aberdeen Mountain Rescue Team in September 1983 as a fresh-faced youth. My first callout was for a reported crashed aircraft above Tarland. The date was November 6 and it proved to be nothing more than a rogue firework left over from the night before!

Most of our callouts involve missing persons. The Cairngorms are the biggest upland area in Britain and pretty devoid of features so it is easy to get lost. Thankfully the majority prove successful with many lost or injured souls found.

One woman survived two nights in a snowhole before we reached her and, more recently, the Aberdeen Team was first on scene for the missing American F15 fighters which crashed on Ben Macdui in mid-winter.

Our work takes us up into foul conditions when most sane folks are heading for home. We also have our fair share of fatalities and our hearts always go out to the relatives of our fellow hill-goers.

1995 proved to be a major year for me. I made my first trips to the Cuillins of Skye and the French Alps and I was elected Deputy Leader (Training) for the Aberdeen Team.

I also joined the committee of the Aberdeen Mountain Rescue Association which raises the funds for the team. I was then involved in the plans for the Association's change to the Aberdeen & St John Mountain Rescue Association – a move which strengthened the ties between the team and St John Scotland.

That summer I was also honoured to be invested within the Order of St John. The investiture at the St John Festival in Glasgow was a proud moment and the whole day is one certainly to be remembered.

The team used to be based in garages behind what was St John's Hospital. This

changed after the sale of the hospital and by 1998 we had a new base at Westhill, west of Aberdeen funded by St John Scotland.

Moving from two garages and an attic to a purpose-built facility was a great boost. It allowed quicker access to the hills, more comprehensive training and better equipment maintenance including the luxury of a drying room!

We have also benefited from St John Scotland's donation of three landrovers over the years. Purchasing a vehicle would break the budget of most mountain rescue teams so this makes a big difference – not only do we have high quality, up-to-date vehicles but also our funds can be used for the upkeep of equipment, fuel and training.

As well as the usual work of co-ordinating team training, I have also organised events and lectures. Those within other Teams

will no doubt be aware of the diversity of groups we talk to. This is a good way to raise awareness of our work and of the input from St John Scotland. I'm always a sucker for a cup of tea – and home baking is a real draw!

In 2006 I was promoted to Officer and attended the St John Festival in Dunfermline. It was another fantastic venue and proud moment being honoured for what is considered by many to be a service but to me has always been an immense pleasure.

While mountain rescue has clearly played a big part in his life, Alan is looking forward to the days ahead. More free time means he will be able to focus on his business – www.mountainskills.co.uk and he plans to develop his photography skills. He is trekking in Nepal in the Spring and will be taking to the road closer to home in his new campervan. We wish him all the best.

