



## MEDIA RELEASE

### From saving lives to receiving awards

#### *Mid North Coast volunteers honoured*

**15 October 2009.** They give up their spare time to provide first aid at local community and sporting events, but on Saturday 10 October, ten Mid North Coast St John Ambulance volunteers paused from helping injured people to receive an award for their voluntary work.

They were amongst the 150 awardees at the St John (NSW) Annual Awards Ceremony, held at Sydney University.

St John (NSW), which is a self-funded charity and has been providing first aid services to the community for over 125 years, awarded its volunteers for their long term commitment.

St John (NSW) also recognized members of the public for providing outstanding first aid in various emergency situations and awarded several organisations for their support to St John.

Sean Gavin, CEO of St John (NSW), said the volunteers give up their time willingly and regularly to provide a service they believe in.

“They have quietly yet effectively assisted those in need at local sporting and cultural events as well as in large gatherings like the Sydney World Masters Games, Big Day Out, New Year’s Eve celebrations and the City to Surf.

“Other St John volunteers assist primary school aged children with reading and writing, while another group of volunteers assist Health Department nurses with the NSW Schools immunization Program.

“It’s an honour to recognise their contribution through this award ceremony”, Mr Gavin said.

In addition to its volunteer services, St John (NSW) has trained many hundreds of thousands of people in first aid. In many cases, this training has resulted in ordinary people having the courage, confidence and skills to manage an emergency situation, and in so doing, saving lives.

In 2008, when St John Ambulance celebrated its 125 years of service in Australia, over 3,500 volunteers provided more than 450,000 hours of voluntary service across the state in the areas of first aid, early literacy, immunisation and ophthalmic care.

To know more about St John or to become a volunteer visit [www.stjohnnsw.com.au](http://www.stjohnnsw.com.au) or call 1300 360 455.

**ENDS**



# MEDIA RELEASE

Please find below a list of volunteers awarded. Photos are available upon request.

## Service Medal (12 years of dedicated service)

Mr	Bruce	<b>Hounslow</b>	ARCADIA VALE NSW
Miss	Kelly	<b>McGowan</b>	FLETCHER NSW
Mr	Luke	<b>Grainger</b>	WHITTINGHAM NSW

## First Bar (17 years of dedicated service)

Mrs	Lynn	<b>Howlett</b>	MEDOWIE NSW
Mr	Steven	<b>Towle</b>	PORT MACQUARIE NSW
Dr	Cathryn	<b>Platt</b>	COFFS HARBOUR NSW

## Second Bar (22 years of dedicated service)

Mr	George	<b>Keifer</b>	GATESHEAD NSW
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## Third Bar (22 years of dedicated service)

Mr	Dennis	<b>Buxton</b>	SMITHS LAKE NSW
Mr	Robert (Barry)	<b>Davis</b>	COFFS HARBOUR NSW

## Fifth Bar (37 years of dedicated service)

Mr	Daniel	<b>Lewis</b>	WESTON NSW
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