

The official journal of the NSW SES Volunteers Association

the

# Volunteer

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## Inside this edition:

Marrickville Unit Award Day • KidsFest Shellharbour  
Drought Support • Mental Health Program • WOW Day  
2019 State Disaster Rescue Challenge • Across the Border...



**17,000**  
EMPLOYEES



ACTIVE IN ALMOST  
**50** COUNTRIES



MAINTENANCE CONTRACTS  
COVERING MORE THAN

**740,000**  
EQUIPMENT OF DIFFERENT  
MAKES

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# the Volunteer

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# Contents

## REGULAR FEATURES

- 4 From the President
- 5 From the Minister
- 6 From the Commissioner

## FEATURES

- 7 Volunteer Positions available within the Association
- 7 Stress Packs
- 8 WOW Day
- 10 2019 State Disaster Rescue Challenge
- 14 Marrickville Unit Award Day
- 15 Proudly supporting
- 16 Finance Asset & Business Services Directorate
- 16 Mental Health Program
- 17 T-Shirts and Cups
- 17 How to contact us and stay informed
- 17 Locker Stickers
- 18 Across the Border...
- 20 KidsFest Shellharbour
- 22 Water Restrictions
- 23 Health and Safety
- 23 Drought Support
- 23 Marquees available
- 24 Member Vales
- 24 Old Gear
- 24 Diversity
- 24 Raffles – Been called?

## GRANTS

- 13 Maitland Unit



### On the cover:

2019 State Disaster Rescue Challenge winners.







**KIM DAVIS ESM**  
PRESIDENT NSW SES  
VOLUNTEERS ASSOCIATION

**W**hile it has been quiet weather wise, the Association has been kept busy with welfare requests, advocacy issues and meetings with the Acting Commissioner and Minister.

We would like to welcome the Hon. David Elliott back as our Minister for Emergency Services, and look forward to working with him to provide a voice for our members.

We have been actively supporting hundreds of members through sponsorships of the Rescue Challenge, Wellington Wombats, Cadet awards and localised events and programs for units and members around the state.

Our Member Services team has been racking up the kilometres visiting members and going not only fodder drops, but the ongoing support from Eukanuba has seen our ability to support the four legged farmers receiving high quality food also.

There has been an increase in requests for support in the interpretation and application of new policies and the repercussions for every day workloads, which has been the subject of discussion with both the A/Commissioner and Minister- we will keep you posted.

...the ongoing support from Eukanuba has seen our ability to support the four legged farmers receiving high quality food also.



We are also looking forward to the recruitment of a new Commissioner, which is not to say we are not enjoying working with Commissioner Stewart. The stability of a permanent person in the role can only be a positive for the Service.

A number of members also have put their hands up for roles within the Association, a number of them being newer project type roles and we look forward to announcing the successful applicants and introducing them to you

and what the roles will bring for the wider membership.

Congratulations to all of the teams who represented their Zones in the 2019 Rescue Challenge as we look forward to seeing the Port Macquarie team represent NSW at the National Competition.

If you have any questions or issues you wish to raise, please drop us an email at [office@nswsesva.org.au](mailto:office@nswsesva.org.au)

Stay safe and look after each other

## NSW Volunteers Association Members Database

If you need to update your details please contact the office at [office@nswsesva.org.au](mailto:office@nswsesva.org.au) or call on **1300 073 782**.



I'm thrilled to be returning as Minister for Emergency Services – most of you will come to know that SES volunteers have a special place in my heart.

Our brave volunteers perform an incredible service for each and every person in NSW. Across our great State, approximately 9,000 volunteers give up their time to put the safety of their community above their own to respond to flood and storm emergencies, as well as road accident rescues, bush search and rescue and vertical rescues.

Whether during storm or flood, people across the State rely on you when they have no one else to turn to. That is to say, the NSW SESVA perform an incredible service for each and every SES volunteer in NSW through their indefatigable representation and support.

The mental health and wellbeing of our volunteers is my utmost priority as Minister for Emergency Services. NSW SESVA have made great strides in this space, partnering with Behind the Seen (BTS) and the Centre for Rural and Remote Mental Health to provide 'Stress Less Packs' to SES units across NSW, to ensure our volunteers get the support they need.

I particularly want to thank the NSW SESVA for their work with the Drought Support Program, which takes the pressure off volunteers impacted by providing hay and fodder, as well as other family essentials.

These initiatives are a true embodiment of the NSW SESVA mission – supporting volunteers supporting our community.



**THE HON DAVID ELLIOTT MP**  
**MINISTER FOR POLICE**  
**AND MINISTER FOR**  
**EMERGENCY SERVICES**

I commend each and every SES volunteer in NSW on their commitment and willingness to go beyond the call of duty in service of their community, and thank the NSW SESVA for their critical work supporting our volunteers.

## NSW SES Peer Support

The Peer Support team is available to all SES members and their families.

- » Peers are volunteers who are active within their own units and regions
- » Peers have been trained to be a listening ear when you or your family members need that ear
- » Peers have varying degrees of talents, skills and years of service within the NSW SES
- » Some of us are young; some of us are older and come from diverse backgrounds, race, cultures and experience

We are there to listen to whatever it is that is bothering you: it can be service related, family related or work related. We are a listening ear; there to talk to you and you can be assured it will remain confidential. Sometimes by just talking to someone you will be surprised at the clarity and sense of relief you will find.

Our Duty Officers in Peer Support are there to take calls from our members and their families. Like any other DO within the service – they are on call 24 hours a day 7 days a week – no time is a bad time to call

them. They are there to take calls at those times when you just need to talk to someone straight away.

We have peers, Chaplains and access to a psychologist depending on your needs.

Please ensure you have the **1800 626 800** number saved in your phones and in the phones of the ones you care about.

Watch this space over the next few publications on more of what we do and who we are. An EOI will be announced later for those of you who would be interested in training to become a Peer Supporter.

## CRITICAL INCIDENT SUPPORT PROGRAM

# 1800 626 800



**KYLE STEWART APM**  
**ACTING COMMISSIONER**

Since joining the NSW SES I've been impressed with the energy and dedication I have seen from all of you. I've had the privilege of travelling around the State to meet many of you. I have seen first-hand the important and lifesaving roles you play in your local communities every day. And I have seen the commitment and dedication that is the life-blood of our Service.

I have a keen interest in continuing to support and develop our volunteer leadership. The current round of Zone Conferences, which bring together the volunteer leaders in each Zone, have been providing me and my Executive with an opportunity to spend time working with volunteers to identify how we can grow the Service together. There are two main themes of each Conference - operational improvement and leadership development. These are both essential parts of achieving the best results for each Zone, the Service and ultimately the communities we serve.

National Volunteer Week (20-26 May) was a great success. I particularly enjoyed seeing how the public took up the opportunity on 'WOW Day' to show their support for our members by wearing orange and saying 'thanks'. On a personal level, I'd like to say a sincere thank you – thanks to you, to your families and to your employers. I know the time you give to work with communities, preparing them for emergencies and responding when needed, impacts not just you but everyone around you.

During this special week of thanks, I was present at NSW Government House to watch Superintendent Glenn Jones, of Western Zone, formally receive the prestigious Emergency Service Medal at the Investiture Ceremony. Thank you, Glenn, for over



25 years of commitment to the NSW SES and your exemplary leadership.

Two days later I attended the 2019 Young People in Emergency Services Awards at NSW Parliament House, where young members of the NSW SES and the NSW RFS were recognised for their commitment. Congratulations to Peter Christensen from NSW SES Harden Unit for being awarded NSW SES Young Volunteer of the Year, and to Seleana Murphy and Lucca De Almeida, for their outstanding participation and achievements in the Secondary School Cadet Program, in partnership with their local High School. In addition, congratulations to Raymond Binge from Ashford High School who received the NSW SES Andy Roberts Memorial Award for Outstanding Achievement. After meeting these four impressive young individuals, I am convinced the future of the Service is in good hands.

Congratulations to Port Macquarie unit, the winner of the NSW SES State Disaster Rescue Challenge (Exercise Thunderstruck) which was held in Albion Park Rail over three

days at the end of Volunteer Week. NSW SES members from Auburn, Bathurst, Canada Bay, Dapto, Gosford, Port Macquarie, Queanbeyan and Waverley-Woolahra all took part in the competition where they tested their skills in a range of emergency and rescue scenarios. The Challenge was supported by volunteers from all over the State and other emergency service agencies including NSW Police Force, Fire + Rescue NSW, NSW Rural Fire Service as well as Endeavour Energy, St John Ambulance and CareFlight. Port Macquarie unit now goes on to represent NSW SES at the National Disaster Rescue Challenge in November. I'm sure you will all join me in wishing them all the very best.

It has been a busy few months and I am honoured to have been given the opportunity to work with you all whilst you partner with your communities to prepare for disasters and as you support them during emergency response. If I haven't ventured your way yet, I look forward to having the opportunity to meet you as I continue my travels around the State.



# Volunteer Positions available within the Association

**N**ew volunteer positions within the Association are designed to help meet the needs of our members better, and to provide experience in different, more corporate-style roles. The transition from 17 Regions to 5 zones has meant that the old way of having one person as the representative is not physically reasonable- given the size of the Zones.

Instead, we have Ambassadors, who can operate at a Unit level, and who will communicate with the Volunteers Association office directly to help speed up the transfer of information to members.

## AMBASSADORS

Ambassadors are not expected to be the single point of contact for the members, and instead there are a number of other roles that will have a more focused approach to other areas of support. We understand that the Association is volunteering on top of volunteering, so we want to reduce workloads to reasonable amounts while still maintaining communication to members and feeding member concerns through so the members can be represented at different levels including the VJCC and the Minister where appropriate.

## MAGAZINE COORDINATOR

The Magazine Coordinator/s will be able to gain experience in writing, compiling and helping publish our quarterly magazine.

We would love to develop a more contemporary look and feel for the magazine, and feel this role would be great for anyone who would like real world experience in producing publications.

There is also the opportunity to work with a small team of volunteers to

create and collate magazine content, liaise with contributors to source and/or write articles and edit submissions from around the state and work with the graphic designer in preparing content for publication.

## FLOWER COORDINATOR

This role sits within our benefits program and is the point of contact for the ordering of floral arrangements that are requested through the 'General 'Welfare' tab on the website.

Time commitment on this role is minimal, but does require record keeping and basic skills around keeping to a set budget. It's a nice way to give back to others, but also provides experience in maintaining a simple database.

## MEMBER BENEFITS COORDINATOR

A completely new position for the Association, the Member Benefit Coordinators are grassroots volunteers who work remotely to help identify and onboard local businesses and service providers who would like to provide a benefit to NSW SES Volunteers Association members.

Their local relationships and passion for helping others will help achieve our mission of supporting our volunteers.

There have been a lot of members who have provided great ideas for benefits programs, this role would suit go-getters who want to make that a reality with the support of the office and the Board.

## MENTAL HEALTH PROGRAM COORDINATOR

Do you enjoy developing ways to communicate the importance of mental health for emergency

responders and researching training and learning opportunities in this area for fellow members?

We are seeking members to help coordinate the mental health programs in the Association. You will also be able to provide the Association and its members with current and up-to-date information on mental health training and support options.

## RECOGNITION COORDINATOR

This role is all about identifying recognition opportunities for volunteers and supporting them in gaining recognition. You will also be able to provide the Association and its members with current and up-to-date information on recognition options.

There is also a project on the horizon for this role to create a recognition portal for our members.

## MEMBERSHIP COORDINATOR

This role will be pivotal in helping to maintain records for the Volunteers Association.

This role will focus on developing and implementing database management processing which is great opportunity for anyone who would like real world experience if they are job seeker.

All of the roles are advertised on our website [www.nswsesva.org.au](http://www.nswsesva.org.au) - under the Join The NSW SES VA tab), with a full position description and anticipated time commitment per month. We would love to see new members getting involved in their Association!!

Please send a cover letter including why you would like to be considered for one of the above roles to [office@nswsesva.org.au](mailto:office@nswsesva.org.au)

# Stress Packs

**M**inister David Elliott was an instant fan of our stress packs and praised them at one of our meetings! We agree!

Stress packs were sent to some units for feedback and as a result the Volunteers Association will be sending them out to every unit.

# WOW Day



It was great to see the support and appreciation from communities and businesses throughout NSW for our NSW SES Volunteers on WOW Day 2019. Our dedicated NSW SES Volunteers from across the state provide emergency assistance 24 hours a day, 7 days a week and are committed to ensuring the safety of the community in which we live and work in and for that we are thankful for.

A big Thankyou to the Units that sent in pictures from their WOW day celebrations it was great to see the different activities, celebrations and community involvement. If you would like your images included in our publications and on our website please send via email to [office@nswsesva.org.au](mailto:office@nswsesva.org.au)

## HUNTER AREA

WOW Day event involved a combined effort of Maitland City, Cessnock, Singleton and City of Newcastle - partnered with Hit 106.9 Newcastle, local NRMA Branches and local businesses.

The event was organised by Alexandra Varley, Sarah Thomson, Simone Burrows and Ian Robinson and the teams on the day who made it a massive success!

The NSW SES Volunteers Association kindly donated WOW day merchandise to be given out on the day.

## MARRICKVILLE UNIT WOW DAY

Stanmore Kindergarten invited Marrickville Unit to help them celebrate WoW Day so it was a great opportunity for members of the Day Unit (which operates out of Marrickville) to WoW the morning away. We got such a warm welcome and there was orange everywhere - orange paint, orange play-doh and even orange slime. The kids were a delight - they did the Paddy chant beautifully and their rendition of "WOW, thank you SES" was positively ear-splitting.

The NRMA Kiosk at our local shopping centre had also been in touch about WoW Day so the Day Unit also popped by there to say Hi to the oranged-up staff, have a chat, and enjoy some surprise yummy snacks

they had made. Thank you NRMA. It really was a WoW of a day.

## ALBURY & WODONGA UNITS

Cross border effort in a first with Albury unit and Wodonga participated in a joint effort for WOW day - visiting schools on both sides and educating the community on what the SES does. We ran competitions for best dressed and showed the primary school students through the vehicles. Paddy was also a big hit!

Kelly Tanner, Albury Unit

## NARRABRI UNIT

Thanks to the Narrabri Unit for sending in a picture of a young supporter on WOW Day!

## METRO ZONE WOW DAY ACTIVITIES

Thanks to Nick Aisake for sending through and photo credits to Samantha Cantwell/NSW SES Orange, orange everywhere!





#THANKYOUSES

WOW DAY

#THANKYOUSES

# WOW DAY

WEAR ORANGE WEDNESDAY TO SUPPORT SES VOLUNTEERS





# 2019 State Disaster Rescue Challenge- Exercise Thunderstruck







**N**SW SES Volunteers from Dapto, Port Macquarie, Auburn, Bathurst, Canada Bay, Gosford, Waverley – Woolahra and Queanbeyan participated in the bi-annual Challenge on the 24th – 26th of May 2019 at Albion Park.

Over the three days the teams competed in a series of activities and life critical scenarios to demonstrate their ability in diverse situations. The teams were also judged on Safety, Leadership and Team work.

The NSW SES Volunteers Association was a proud Sponsor of the Event and congratulate the overall winners of the Challenge - the Port Macquarie Unit!

We spoke with the Team Leader of the Port Macquarie Unit Michael Ward who was very proud of his teams achievement and is looking forward to competing in the National Disaster Rescue Challenge later in the year. Good luck !

**Michael Ward (Wardy)- Team Leader Port Macquarie Unit**

The most enjoyable part of the weekend was that the team had no problems having fun always good to remember that if you are not having fun then why are you there.

Many Thanks to SES for organising the event, the ongoing support from our Zone and the support from the NSW SES Volunteers Association to ensure that the event was a success.



With the exception of myself the team this year is fairly new - I am stoked that we have 4 female's in the team resulting in three competing at each of the stands.

Team Leader: Michael Ward

Deputy: Toby Messina – First time

at SDRC with Port Macquarie and first time as Deputy

Medic: Sereena Ward– Third time at SDRC however first time as Medic

Safety: Alfred Portenschlager– Second SDRC 4 years with SES





Member: Leonie Stevenson– First time at SDRC 2 years with SES

Member: Eliza-Jane Page– First time at SDRC 18 months with SES

Member: Katie Blake– First time at SDRC with Port Macquarie

Team Manager: Elaine Mason  
GLR Training and Success in field and competitions

- » Mission: Saving lives and protecting our community
- » Training is the key aim for people to be Competent, Confident and Current
- » Always aim to learn and develop
- » Diversity in members
- » Develop operators not competencies
- » Focus on the community
- » Train hard, Rescue easy
- » Push yourself and your team
- » Model behaviour and principles
- » Culture trumps strategy
- » Recognition of changing trends and responses

“  
**Amateurs do something till they get it right while professionals do something till they can't get it wrong.**  
”

- » Push ourselves so we can push our unit
- » Don't train for a competition train to save lives and protect your community
- » Stand on the shoulders of giants and acknowledge the support of the entire unit
- » Amateurs do something till they get it right while professionals do something till they can't get it wrong

Regarding notes for ARRO and NDRC – I stand by the details above – we train to save lives and protect our community not for competitions. In saying that, we are currently preparing for ARRO and have a medical training weekend mid June to prepare.

**Michael Ward**

Unit Commander | Port Macquarie  
NSW State Emergency Service - Northern Zone



# NSW SES Volunteers Association Grants

## Maitland Unit

**M**aitland City attends the Hunter Valley Caravan, Camping, 4x4, Fish and Boat Show every year as one of their busiest Community Engagement Activities with approximately 18,000 visitors over the 3 day event.

The focus of this years event was all about "Know Your Risk" - Storm and Flood Safety for Travellers and Caravan Park Visitors. The team was able to survey members of the public which will enable them to create more customised community education programs at a local level.

Thanks to the SESVA for the use of their marquee which not only sheltered us from a windy weekend but provided the perfect space for our interactive display for the kids."

### Alexandra Varley

Community Engagement Officer  
Maitland City  
NSW State Emergency Service -  
Northern Zone



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# Marrickville Unit Award Day



## DIGNITARIES IN ATTENDANCE:

1. The NSW SES Commissioner Kyle Stewart,
2. Mark Coure MP (Member for Oatley - representing the Minister for Police & Emergency Services)
3. Inner West Councillor Pauline Lockie
4. Inner West Councillor Lucille McKenna OAM
5. A number of local and regional Unit Commanders
6. And a number of NSW SES - Marrickville Unit volunteers

The Awards Day is an annual event at the Unit to celebrate the amazing achievements of the volunteers. This year was a particularly special one as it was also an opportunity to show our thanks to Michael Carney.

**This year was a particularly special one as it was also an opportunity to show our thanks to Michael Carney. He has been in the Service for 32 years, 28 of which in the leadership role at Marrickville Unit.**

He has been in the Service for 32 years, 28 of which in the leadership role at Marrickville Unit. Michael has been a very innovative leader and has committed his career to helping to bring the best out of his volunteers. He couldn't have done this without

his wife Carol Carney who has been a source of great strength and support for him. Michael also gave thanks to the Unit's volunteers. The amazing men and women who have served the local community with him all these years.





Michael (together with the late Penny Rogers) was instrumental in helping secure a new building from the former Marrickville Council (now known as the Inner West Council). The purpose built facility has become a home to our volunteers and a frequently used space for training, operations and social events for its volunteers. Both the Commissioner and the Minister were impressed by the facility and the incident management / operations centre which we hope will be a great benchmark for future SES facilities.

On behalf of the NSW SES - Marrickville Unit, I want to thank everyone who attended and helped make the day very special for our volunteers.

The day was also an opportunity to celebrate the long service of some of the volunteers from the Unit.



### AWARDS RECIPIENTS INCLUDE:

Michael Carney - Life Member Award  
Liam Hogan - Five Year Service Award  
Bernard Cudmore - Five Year Service Award  
Julie Powell - Five Year Service Award  
Daniel Walker - Five Year Service Award

Carol Carney and Liam Hogan - Unit Commander's Award (joint)  
Cody White-Cabral - Rookie of the Year Award  
Michael Carney - Sean O'Malley Award  
Selina Thomas - Trainer's Choice Award  
Julie Powell - Dave Denny Award

## Proudly supporting

It's been a busy time for the Volunteers Association. We have recently been proud to support

the Thunderstruck State Rescue Challenge, Wellington Wombats Caves Rescue Weekend, Cadets

program and awards and is a silver sponsor of the upcoming Rotary Emergency Service Awards.

# Finance Asset & Business Services Directorate

**T**he FABs (Finance Assets and Business Services) team are committed to improving the way we do business and it's been a year of significant change - thank you for working with us. This ranges from making it easier for volunteers to buy things, flexibility in servicing vehicles, faster access to protective clothing through to broader reform such as the Fleet Replacement Program and back-of-house systems changes. These key updates and improvements are being communicated to Unit Commanders and Local Commanders through the Zone conferences, and thanks to volunteers that have participated at the Northern and Western Zone conferences so far. We do acknowledge the amount of change and know that it doesn't always go smoothly. We appreciate your patience as the changes are embedded and if you are having business related issues please reach out to your Zone team so we can get on top of the issue early.

The Procurement team have centralised the Procure to Pay process and have implemented new procedures to support the Zone structure. The team are making it easier for volunteers to access low value consumable items and services, such as catering, in their local area through the establishment of supplier accounts with local businesses who are common use vendors. The Zone teams have been working with Units to establish these Common Use vendors. If you have a local supplier that needs to be set up, please talk with your

Zone team. In most circumstances we can set up a framework order with suppliers quickly.

State-wide accounts, for use by all Units have been established with key NSW SES suppliers, such as Woolworths and Bunnings. These accounts reduce the need for volunteers to make out of pocket purchases, make the process quicker and easier. We will continue to add other food and hardware supplier accounts across the agency for all Units to benefit from. For example, if you're going to Bunnings you will need to go to the Trade Desk with your Membership ID, Authority Letter and Framework order (Purchase Order or PO). Importantly, the Authority Letter and Framework Order are good for the year, so you won't need to generate a new one each time. Yes, it's a change from those who had a PowerPass card, but it means we can now manage our transactions more efficiently through a single account and opens up the opportunity to every Unit near those stores. Woolworths works in a similar manner. Bring your Member ID, Authority Letter and Framework Order.

The Logistics team are working on direct deliveries to Unit from the Warehouse to reduce delays in delivery. We are also reviewing stock levels of critical equipment and adding suppliers. We know this was particularly an issue with rope and helmets during re-stocking after the December storms. We took a lot of work out of the stock-take process in recent months by reducing types of inventory equipment for counting and recognise

the valuable contribution of Volunteers to make this possible.

The 4-year Fleet replacement program has already started delivering vehicles. Looking ahead, it is going to be a big 12 months for the NSW SES, with the focus on flood rescue vessels, storm trailers, heavy and light rescue trucks. Mid Life safety upgrades are also occurring on some of the fleet which will see vehicles begin to be rotated around the State.

We are working with SgFleet to expand the current Mobile Fleet Servicing Solution. By adding more suppliers and reviewing the cycle for servicing of our vessels and trailers, we will ultimately save volunteers time. More information on SgFleet approved suppliers is available on the fleet EOS page.

The service desk functionality has been expanded to now include a Fleet and Facilities Service Desk. This will increase service delivery as a service desk can be entered by any members at any time of the day or night through the EOS link. Members can also lodge service desk requests through the SOC 24/7. We encourage members to lodge the request on a training night or with support from the SOC staff. More information is available on EOS and through members connect.

Thanks again for your support and please reach out to the team if you need assistance resolving an issue.

**Scott Bridgement MAICD, FCPA, FAIM, IPAA**

Director Finance, Asset & Business Services

## Mental Health Program

**O**ur mental health strategies continue to deliver.

The next Mental Health First Aid course will be run in Moruya and keep an eye out for upcoming courses in your zone. The weekend course books out very quickly and is

totally funded by the SES Volunteers Association.

The SESVA is also working closely with the Rotary Mental Health PhD recipient and providing feedback about this PhD study.

Contact Shannon.crofton@nswsesva.org.au



**SES Volunteers Association Mental Health First Aid Trainer Selina Thomas**



# T-Shirts and Cups

**Y**ou may have seen some of our new T-Shirts and cups popping up around the place.

The shirts and cups came from grants and we have used the feedback from volunteers on what to get.

They have so far been handed out to volunteers who have supported areas of the association and SES as a small token of our recognition and appreciation for their work, Thank You!

Keep an eye out at your next SES Volunteers Association sponsored event.

**The shirts and cups came from grants and we have used the feedback from volunteers on what to get.**



## How to contact us and stay informed

**W**ant to hear the latest information from the SES Volunteers Association?

Search for our pages on;

- » Facebook <https://www.facebook.com/NswSesVolunteersAssociation>
- » Website [www.nswsesva.org.au](http://www.nswsesva.org.au)

- » Instagram NSWSESVA
- Or Phone us on 1300 0SESVA
- Magazine Submissions: [editor@nswsesva.org.au](mailto:editor@nswsesva.org.au)
- Contact Us via email: [office@nswsesva.org.au](mailto:office@nswsesva.org.au)
- And don't forget to update your details so you receive our emails and newsletters

## Locker Stickers

**O**ur lockers stickers have been a hit with volunteers. Do you have yours?

We are looking to get a resupply for your locker where you can add your name. Contact the office for more details.



**camden**  
council



On behalf of Camden Council  
I would like to thank all the volunteers in the Camden Local Government Area and throughout the State for their wonderful and tireless support and acknowledge their significant contributions.

**Mayor of Camden,  
Councillor Theresa Fedeli**

70 Central Ave, Oran Park | P. 4654 7777  
[www.camden.nsw.gov.au](http://www.camden.nsw.gov.au)



**[www.salvos.org.au](http://www.salvos.org.au) 13 72 58**



# Across the Border...

## SUNBURY UNIT VICTORIA

The weekend of the 6th-7th of April saw the Sunbury Unit host a Women in Rescue event at Sunbury LHQ.

In its second year the Women in Rescue event aims to achieve four goal:

- To build confidence in all roles associated with a rescue;

- To increase familiarity with rescue tools through more 'hands on tools' time;

- To provide a positive, welcoming and challenging learning environment;

And

- To expand the leadership capacity and networking opportunities of women in emergency services.

This year's event built on the outstanding success of Women in Rescue 2018 to include representatives from six different units, from three regions across Victoria.

Over two days participants took part in a variety of practical hands on sessions, interactive workshops and heard from outstanding guest

speakers, all designed to increase experience, knowledge and confidence in rescue.

The practical sessions lead by Sunbury Rescue Officer Ben Stanford and co-facilitated by Seymour Unit Controller Christine Welsh focused on vehicle stabilisation, rescue techniques for vehicles on roof, vehicles on side as well as third door conversions.

These sessions gave participants valuable hands on experience in the methods rescuers use in challenging scenarios and provided an opportunity for participants to share tips and tricks on the challenges we face in the rescue environment.

Participants also heard from Katherine Cooney, program coordinator at the Victorian Foundation for Survivors of Torture Inc. and is co-founder of the Australian Women in Emergencies network. Katherine shared her experiences as a volunteer in emergency services and

the leadership role that women play in the broader emergency services sector.

Day two saw a focus on leadership with sessions looking at the SES Commander role and the role a leader plays in looking after the psychological welfare of their team. These sessions were facilitated by the Sunbury Unit's Jarrod Bell as well as Di Dale and Lisa Wise from VICSES Peer Support.

Participants took part in detailed discussions revolving around the role of the SES Commander. They got to share their experiences in taking on leadership roles in the field and discussed the challenges and responsibilities that command may involve.

Finally the program wrapped up with a discussion from Peer Support who talked about the wellbeing of the individual and the psychological welfare of the team in managing emergencies. They outlined the important role that Peer Support





networks play in helping manage critical incident stress and the support that they provide to the individual and those who are important to them.

Thanks to the amazing women who attended this year's event from the Sunbury, Gisborne, Craigieburn, Seymour, Euroa and Murchison Units.

We would like to acknowledge our supporters without whom this event would not have happened, FRSA in supplying additional rescue hydraulics for the event and Matt Willis Electrics for helping keep our participants fed as well as the Sunbury Unit for hosting the event

and supplying vehicles and facilities to train in.

Special thanks to our guest presenters, instructors and organisers for helping make this event happen.

**Angela Lane**

Women in Rescue, Sunbury SES





# KidsFest Shellharbour



**K**idsFest Shellharbour is a community run free week-long festival coordinated by KidsFest Shellharbour Inc. This year it was held from the 19th – 25th May 2019 at Albion Park.

It was the first time NSW SES was involved in the event with the assistance of neighbouring volunteers as well as volunteers from the Metro Zone. The Emergency Services Expo was a day where multi agencies came together to engage with children and their carers. NSW Rural Fire Services, Fire Rescue NSW, NSW Police & NSW Ambulance and the NSW SES volunteered their time to support the event and it was a

wonderful day for both the kids and the volunteers!

The purpose of KidsFest is to host a vibrant festival for children and their families and carers that promotes and builds child friendly communities and education, linking parents, families and caregivers with local service organisations to support health and development needs of children.

At the festival the children were able to try the fire trucks powerful hose, climb inside an ambulance, sit on a police motor bike and helicopter display. Free sausage sizzle was provided by Bunnings. It was a great turn out with an estimated 1400 kids in attendance and their carers.









# Water Restrictions

**T**he drought continues to affect NSW, and water restrictions were put in place for Sydney, the Blue Mountains and the Illawarra from June 1st - a decade since the last restrictions were in place.

More detailed information on what you can and can't use water for, and how to avoid a fine can be found on the

Sydney Water website <https://www.sydneywater.com.au/SW/water-the-environment/what-we-re-doing/water-restrictions>

The ongoing support from the community, and our own to help fellow volunteers impacted by the drought has been amazing, with families being assisted across the state.

If you know of a fellow volunteer who needs assistance, guide them to our website for Welfare applications and for further information about current water restrictions, visit [www.bom.gov.au](http://www.bom.gov.au).

Donations can also be made through our website [www.nswsesva.org.au/donate](http://www.nswsesva.org.au/donate)

## WHAT'S ALLOWED UNDER LEVEL 1 WATER RESTRICTIONS?

	What can you do?	What can't you do?
<b>Watering Lawns and gardens</b>	<ul style="list-style-type: none"> <li>✓ You can:               <ul style="list-style-type: none"> <li>» water lawns and gardens with a watering can or bucket</li> <li>» water lawns and gardens by hand held hose before 10 am or after 4 pm, as long as your hose is fitted with a trigger nozzle</li> <li>» water your garden with drip irrigation systems</li> <li>» water lawns and gardens with watering systems with one or more of these features:                   <ul style="list-style-type: none"> <li>» automated weather adjustment</li> <li>» rain sensor</li> <li>» soil moisture sensor</li> </ul> </li> <li>» water new turf for one week after it's delivered as long as you follow the instructions provided by the turf supplier</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ You can't:               <ul style="list-style-type: none"> <li>» use standard sprinklers and watering systems at any time</li> <li>» leave hoses and taps running unattended</li> </ul> </li> </ul>
<b>Cleaning vehicles and buildings</b>	<ul style="list-style-type: none"> <li>✓ You can:               <ul style="list-style-type: none"> <li>» wash vehicles and buildings with a bucket, a hose fitted with a trigger nozzle or high pressure cleaning equipment</li> <li>» clean garbage bins and bin wash bays using a hose fitted with a trigger nozzle or high pressure cleaning equipment</li> <li>» flush boat engines</li> <li>» clean bilges and essential safety components on boat trailers such as brakes and wheels using a hose fitted with a trigger nozzle or high pressure cleaning equipment</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ You can't:               <ul style="list-style-type: none"> <li>» wash vehicles and buildings with a hose that isn't fitted with a trigger nozzle or high pressure cleaning equipment</li> <li>» leave hoses and taps running unattended</li> </ul> </li> </ul>
<b>Filling pools and spas</b>	<ul style="list-style-type: none"> <li>✓ You can:               <ul style="list-style-type: none"> <li>» top up an existing pool or spa to replace water lost through evaporation</li> <li>» fill a new or renovated pool with a capacity less than 10,000 litres without a permit</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ You can't:               <ul style="list-style-type: none"> <li>» fill a new or renovated pool or spa with a capacity greater than 10,000 litres unless you have a pool cover and permit from your pool supplier</li> </ul> </li> </ul>
<b>Cleaning hard surfaces</b>	<ul style="list-style-type: none"> <li>✓ You can:               <ul style="list-style-type: none"> <li>» spot clean hard surfaces for health, safety or emergency reasons only using a hose fitted with a trigger nozzle or high pressure cleaning equipment</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ You can't:               <ul style="list-style-type: none"> <li>» clean hard surfaces such as paths, driveways and paved areas with a hose as part of general cleaning</li> <li>» leave hoses and taps running unattended</li> </ul> </li> </ul>



# Health and Safety

**L**ooking after yourself utilising the IMSAFER tool is a great way to ensure you are fit for the task you are about to undertake. This can also be used to monitor your fitness throughout an activity. If you are not feeling well or up to the task let your supervisor know that steps can be taken to look after you before something occurs. Following these simple steps helps to ensure you are fit to support your community and return home safely.

No matter what you are doing, Safety Starts with you.

**Gary Zuiderwyk**

Manager Safety Health and Wellbeing

## IMSAFER

Should I respond to an incident?

<b>I</b>	Illness or injury	Am I sufficiently recovered?
<b>M</b>	Medication	Am I under the effect of any medication?
<b>S</b>	Stress	Am I under severe stress from personal or work worries?
<b>A</b>	Alcohol	Am I under the influence or hung over?
<b>F</b>	Fatigue	Am I tired or not adequately rested?
<b>E</b>	Expertise	Am I currently competent?
<b>R</b>	Review	Have I recently reviewed my ongoing suitability for the task?

# Drought Support



**O**ur drought support has continued through the dry winter months. Thank you to all our supporters especially Royal Canin (Eukanuba).

Here Paddy is helping to deliver another load on a cool morning, and also have a chat with members to ensure they are in the right space.

Paddy loves getting out there and helping our volunteers, so if you know someone, please give us a call. Contact Shannon.crofton@nswsesva.org.au

# Marquees available

**T**he Volunteers Association now has Marquees available for your local events.

Rather than traditionally purchasing a marquee for a unit, we have purchased some that are available to all units.

Demand for these has already been high so book early!

Contact the office to find out the best way of getting these to you [office@nswsesva.org.au](mailto:office@nswsesva.org.au)

We are building our volunteer support cache's so let us know what you would benefit from, chairs, bags, promotional items?



# Member Vales

## EDWARD PICKARD

Recently members from The Shire Cluster Units (Cronulla, Heathcote, Menai and Sutherland) joined with Metro Zone Commanders at a service of thanksgiving for the life of young Cronulla Unit member Ed Pickard. Ed sadly passed away aged 22, after a life long battle with cystic fibrosis.

Ed joined Sutherland SES Unit in September 2014 and remained a member until his passing on 22nd April 2019. Ed was introduced to the SES by his uncle, Colin Bailey, a fellow Cronulla Unit member and vastly experienced field team leader. SES members formed an honour guard for the arrival of the casket at the ceremony attended by well over 500 people, a

testament to the amount of experience Ed managed to pack into his short life.

## GEORGE WILLIAM PILE



George Pile, an active and dedicated volunteer with the NSW State Emergency Service (NSW SES) from the Eugowra Unit sadly passed away on Thursday, 30 May 2019, after a long battle with cancer.

George and his partner Karen joined the Eugowra Unit NSW SES in early September 2012 after moving to Eugowra from the Central Coast and quickly become actively involved.

George underwent and successfully completed many training courses and was accredited as a General Land Rescue (GLR) Operator with the State Rescue Board of NSW. In April 2018, George was presented with his 5 Years Long Service Award from the NSW SES.

George was a spray painter and a mad Ford fan. He recently rebuilt an old rusty wreck of a Ford Escort back to its original showroom condition.

George was loved and highly respected by everyone in the NSW SES who knew him and will be sadly missed. Rest in peace.

**Craig Ronan,**

Planning Coordinator – Hazards, NSW SES

## Old Gear

**H**ave any old unused items at your unit?

The SES Volunteers Association is always looking for ways to preserve the history of the NSW SES.

Big Red has been restored and available in the Temora Museum.

Any old items of SES history can be collected by the Volunteers Association for preservation and placing in museums for generations to see.



## Diversity

**D**id you know that both our President and Managing Director are female?

Did you know that 5 of the 6 NSWSESA directors are female?

Did you know the Volunteers Association supports diversity programs in the NSWSES?

#diversity



## Raffles – Been called?

**B**een called to purchase a ticket in our raffle?

The Volunteers Association callers are required to remain within a very strict script and comply with requirements of NSW Legislation.

Callers identify as NSWSES Volunteers Association and you can call

them on 1300 707 344 to seek further information regarding the call.

Funds raised from raffle ticket sales goes towards funding many areas including welfare, mental health programs, volunteer support and other areas.

If you are suspicious of a call, notify the Volunteers Association directly

and we can request a copy of the call. Any scam calls are reported to the authorities.

We have many wonderful supporters that support our volunteers, and you never know, you may win \$25,000! Good Luck and Thank You



# WINTER IS HERE!

Don't get caught out in the cold - rug up with some of our latest products

Go to [www.nswsesva.org.au](http://www.nswsesva.org.au) to see the full range



Thermal Travel Mug  
**\$16.95**



**NEW: Rescue Vest Stubby Holder**

**\$8.95**



**Frost Bonded Fleece Jacket**  
Available in:  
Ladies 10-18, Men's Small-5XL

**\$48.00**



**NSW: Cable Knit Beanie**

**\$19.95**

# DONATE BLOOD AND YOU'LL SAVE THREE LIVES.



# AND GET THE BEST BISCUIT EVER.

When you give blood, you save three lives. No wonder the biscuit you eat afterwards is so satisfying. To donate, call **13 14 95** or visit [donateblood.com.au](https://donateblood.com.au) because giving blood feels good.