



St John

NOTO

KNOWLEDGE OF THE ORDER
Training and Assessment Guide

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www.stjohn.org.au

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Acknowledgments: The National Cadet Group

This Training and Assessment Guide is available [online](#) for download at Member Connect, members.stjohn.org.au. Go to: Browse resources / Juniors and Cadets / Cadet Proficiency Badges. A Cadet Workbook is available at the same location.

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Icons

Below are the icons that will be used throughout the Knowledge of the Order (KOTO) Workbook and this Training and Assessment Guide (they are found in all of the new Proficiency Courses).



Tip



Assessment



Read this



Activity



Key point



Training idea

Reading and resources

This KOTO Workbook is the main resource used in this course. This Training and Assessment Guide should be read in conjunction with the Workbook. Cadets will also need access to a computer with internet facilities. Other resources will be mentioned as required.

Assessment

The assessment for this course is based upon Cadet's participation and the work completed in the KOTO Workbook.

On completion, Cadet's will receive a proficiency certificate. They will also receive a badge that looks like this:



This is an approved Proficiency course as part of the Grand Prior's Award program for St John Ambulance Australia Cadets.

OVERVIEW

The KOTO Proficiency Course is a very significant course in the Cadet Proficiency Curriculum. It is a compulsory course for those Cadets pursuing The Grand Prior's Award. More importantly, it familiarises all Cadets with the historical background of the organisation in which they serve as members.

St John has a long history that is rich in its ethos of service and meeting challenges in times of conflict. Threaded throughout this history is the double-motto of the Order: *pro fide et pro utilitate hominum* and the virtues represented by the four white arms of the St John Cross (prudence, justice, fortitude and temperance). There is much to learn factually (a historical timeline spanning almost 1000 years) but also intrapersonally because the Cadets can be inspired by the selfless service which was evident historically. A knowledge and appreciation of the long-standing work of the Order can inspire all members– younger and older– in their own roles within St John in the modern era.

The Knights Hospitaller started in Jerusalem. They belonged to the Catholic ancient Order of St John. The current generation of members belong to the modern Order of English origin, *The Most Venerable Order of the Hospital of St John of Jerusalem*.

This course aims to provide a snapshot of the very long history of the Order(s) of St John and the ability of the Order(s) to survive many challenges over time.

It is hoped that this course can be delivered in a fun and engaging way– a course in history taught like no other!

Religious and cultural sensitivity considerations

The ancient Catholic Order of St John began under the guidance of the Blessed Gerrard in Jerusalem, which has been the epicentre of religious conflict for centuries. St John soon found that it was challenged for its very survival in these parts (Jerusalem and the Mediterranean Sea). Both Christians and Muslims wanted possession of these areas to the exclusion of the other. That meant conflict between the two. That meant war.

As trainers, we need to be careful *not* to assert that either side was faultless throughout this long history of fighting. No doubt each side had a 'blinkered' view of their own justification in going to war. It is especially important that trainers are sensitive to the cultural and religious backgrounds of members of different faiths in St John.

Trainers may find it helpful to note that today St John members come from around the globe with a diverse range of backgrounds and cultures, and with many different beliefs. Despite these differences, all members are linked by the pursuit of the 'greater good' and the service of mankind.

The valiant Knights of St John won some battles and lost others. The losses resulted in them moving on to safer areas. This course celebrates the story of Order's survival rather than any claim of overall justification or triumph on either side. If both sides had negotiated a peaceful solution– allowing both access to Jerusalem– the course of history may have been significantly altered. Neither side could claim overall victory in the end.

The tragic loss of Malta did not occur as a result of one big final battle between religious foes but by Napoleon of France.

Trainers will no doubt discuss whether, as human beings, we have learned from the past and developed more effective ways of resolving conflict. Unfortunately, conflict still exists in the region in the present day with little indication of a peaceful outcome in the near future.

It is a sign of goodwill to all people of all faiths in the region that the St John Eye Hospital Group in Jerusalem is providing eye health care to those most in need. The Hospital has been serving the people of the region regardless of ethnicity, religion or ability to pay since 1919.

Striking a different balance

No historian can pretend that the Knights were 'lily white' or innocent throughout their history in the Mediterranean. That mistakes were made at times is probably an understatement. Dr Ian Howie Willis provides a warts and all coverage of the period in his book *A Century for Australia*, in which he concludes:

Perhaps the modern Orders of St John would be as well advised to look to their own shorter but more honourable histories as to the Crusades for their source of inspiration.

Dr Howie-Willis' advice has resulted in a shift of emphasis away from the Crusades towards more recent history affecting St John in Australia in the delivery of this Proficiency Course. That is why the 700 years history from Jerusalem to Malta is relegated to the end of the course and with much less emphasis than the treatment given in the past.

All good teaching is about upholding the truth. We should avoid leaving young people with romantic notions of unremitting gallantry, service and justification in all things achieved. We need to accept that a rigorous investigation into the earlier centuries might lead to an ambivalent assessment.

Outcomes

Opportunities will be provided during the course for trainers to:

- ✦ Demonstrate knowledge of how the modern English Order of St John evolved from the ancient Order.
- ✦ Explain the significance and relevance of the traditions, ceremonies, symbols and mottoes within the order of St John.
- ✦ Demonstrate an understanding of the role and membership of the Order in Australia and around the world.
- ✦ Show how St John has served, and continues to serve, the Australian community through its many activities and the importance of the contributions of Cadets.

Skills and attributes

As Cadets complete this course, they will be recognised for the skills and personal attributes they obtain. Below is a list of all of the skills and personal attributes found in St John proficiency courses. Cadets may only be recognised for a handful of them for each proficiency course. The ones with stars beside them are the ones Cadets will cover in this course.

Skills

- ✦ Collecting, analysing and organising information*
- ✦ Communicating ideas and information*
- ✦ Planning and organising activities*
- ✦ Working with others in teams*
- ✦ Using mathematical ideas and concepts*
- ✦ Artistic expression*
- ✦ Solving problems*
- ✦ Using technology*
- ✦ Leadership
- ✦ Managing risk
- ✦ Using initiative and initiating change

Attributes

- ✦ Pursuing and promoting health and wellbeing
- ✦ Determination
- ✦ Resilience
- ✦ A sense of service*
- ✦ A sense of responsibility
- ✦ An ethical outlook*
- ✦ Cross cultural awareness and understanding

Reading and resources

The KOTO Workbook is a major resource for the completion of the badge. Other resources include (but are not limited to):

Howie-Willis, I. *A century for Australia: St John Ambulance in Australia 1883 to 1983*. Brown Prior Anderson, 1983.

Howie-Willis, I. *The Zambuks: The uniformed first aid volunteers of St John Ambulance Australia*. St John Ambulance Australia, 2002.

Howie-Willis, I. *A very short history of the Order of St John (emphasising its Australian History)*. St John Ambulance Australia, 2004.

In addition, some States and Territories have their own published historical texts such as Frank Dunstan's *Awkward Hours, Awkward Jobs* (Colemans Printing, 2014).

Assessment

The assessment for this course is based upon participation including work completed in the Workbook.

Cadet Proficiency Courses have a nominal duration of 12 hours. The learning activities in many of the proficiencies will exceed this nominal time. Cadet Officers may 'trim' the activities to keep to the nominal course duration or allow Cadets to spend extra time to become more engaged. In some activities, optional extra activities have been provided.

SYMBOLS, MOTTOES, GRADES AND REGALIA

Skills	Attributes
<ul style="list-style-type: none"> ✦ Collecting, analysing and organising information ✦ Communicating ideas and information ✦ Using mathematical skills and techniques ✦ Using technology 	<ul style="list-style-type: none"> ✦ A sense of service ✦ An ethical outlook



Activity 1. Mottoes, mottoes everywhere

The first activity is self-explanatory. Cadets are asked to identify mottoes around them– at school, company brands, perhaps a sporting club and so forth. Allow them to spend some time developing their own personal motto– it will give them an insight into the purpose of mottoes or the guiding principles for the international Order.

The extension activity involves a discussion on how the meaning of the St John mottoes may have changed over time– especially the first motto, *pro fide*. People who practice a religion might be able to more easily align themselves to this motto. Discuss how a member of no faith might regard *pro fide*. Do they ignore this aspect of the organisation, or are they driven by their own sense of what is ‘good’ or spiritual pursuit?



Activity 2. Place the words under each Virtue

Here is an attempted answer:

Prudence	Fortitude	Justice	Temperance
wise	brave	fair	controlled

The extension activity should spark off some useful discussions. Our Cadet training helps to make us prudent (exhibiting good judgement, wisdom or acting with care); when we approach a patient or compete in first aid competitions we show bravery (fortitude); if we treat each other fairly we are practising justice, and showing self-discipline is an extension of temperance. Temperance sometimes means abstinence from alcohol (and drugs) or even food. When we are adults, we should see the virtue of all (legal) things in moderation.

means abstinence from alcohol (and drugs). When we are adults, we should see the virtue of all (legal) things in moderation.



Activity 3. Draw the Cross

This is a relatively simple exercise but does require that the Cadets closely follow the written instructions along the way. It may be best to challenge them with this task by asking them to work individually rather than in groups.

The extension exercise of drawing a cross with a computer program will be welcomed by the tech-savvy Cadets in the group. Make sure they keep a copy of their product on file!

The St John Cross will mean more and more to the Cadets as their time in St John progresses. All members love the eight pointed cross under which they serve.



Activity 4. Find the beatitudes

As the trainer, you need to know about the Maltese Cross.

The white eight-pointed cross of St. John dates from the year 1120, when Raymond du Puy became the Grand Master of the Knights Hospitallers of the Order of St. John. One of his first acts was an Ordinance requiring members to wear a white eight-pointed cross on their robes.

The arms and points of the cross were associated with the four cardinal virtues, Prudence, Temperance, Justice and Fortitude (from Activity 2) and the eight beatitudes:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are the meek, for they shall possess the earth.

Blessed are they who mourn, for they shall be comforted.

Blessed are they who hunger and thirst after justice, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure of heart, for they shall see God.

Blessed are the peacemakers, for they shall be called Children of God.

Blessed are they who suffer persecution for justice's sake, for theirs is the Kingdom of Heaven.

The Cadet's job is to identify the 8 beatitudes and write them around the cross in Activity 4. You can help them out by reminding them that a beatitude means 'blessing'. They should be able to deduce from the list those that are blessings that those that are not!

The answers are:

- ✦ Poor in spirit
- ✦ The meek
- ✦ Peacemakers

- ✦ Those who mourn
- ✦ The merciful
- ✦ Persecuted for right
- ✦ Hunger and thirst after justice
- ✦ Pure in heart

Go through the beatitudes with the Cadets after the activity is completed. It may be helpful to discuss what the Cadets think they mean and how they might translate into modern times.



Activity 5. Who is St John?

The Christian Church holds a feast day for each of its saints. It is traditionally a day of joy and celebration.

The feast day of St John the Baptist falls each year on 24th June. In many parts of the Australian Priory of St John, a church service and “splash up” supper attended by St John members are held. There may even be a cake in the shape of the eight pointed cross!

The extension activity will probably involve a computer search for artwork featuring St John the Baptist. It’s perhaps ironic that St John was not famous for providing first aid to the sick and injured.



Activity 6. The flower of St John

A ‘wort’ is a plant which is traditionally used to cure diseases and provide relief with medical complaints. St John’s Wort has been used to relieve nervous conditions– even in times prior to the existence of St John. In Australian indigenous traditional life, many plants are used for a wide variety of medical complaints. For example, some lemon grasses are used for fevers and diarrhoea.



Activity 7. The Ashford Litter

The English Order of St John became famous for its use of the Ashford Litter; a simple but ingenious stretcher on wheels. Cadets should discuss the difficulties which modern first responders experience (in crowded situations) accessing patients requiring attention. Bicycle Units manned by St John first responders are an attempt to overcome such problems. First aid battery operated buggies are another solution for some situations.

The extension activity requires the group to revise its knowledge about the need for the first aider to keep injured patients still and only to transport them if their condition allows. Otherwise transportation is best left to the experts (e.g. paramedics).



Activity 6. The Australian Priory Standard

The five stars represent the Southern Cross Constellation which can be seen from anywhere across Australia in the southern night skies. Maybe some Cadets have never seen it in the night sky and cloud free (if it is dark out when your division meets, you could point it out to them or ask the Cadets to identify it!). The Southern Cross is also a feature of the Australian Flag. Many people sport tattoos featuring the Southern Cross!

St John features the Southern Cross on its Southern Cross Award badges. These badges (bronze, silver and gold) form an award system for members of St John who are in the 16 to 25 year age bracket. For each level of the Award young members must complete a service, relationships, challenge and community activity.



For more information about the Southern Cross Award, direct the Cadets to the 'Youth' area of the Member Connect website, and go to 'Awards and Opportunities'.



Activity 6. The Sword, Beasts, Standards and Robes

You will no doubt have an interesting discussion with the Cadets on the significance and on the future of these traditional symbols and dress. Cadets will readily see that they are anachronistic, even a curious features of St John ceremonies. Yet, they remind the world that St John is a chivalrous Order with historical roots that flow back over 900 years. Over this period St John has endeavoured to provide free service regardless of colour, class or creed. There would be a real cost involved if these traditional items were put aside. St John would look no different from any other humanitarian organisation. It is a great honour to become a member of the Order of St John.

But what do the Cadets think? This is an opportunity to have a free discussion on the topic.



Activity 6. Get snappy happy

You might be fortunate in running the course close to an Investiture or Church Ceremony. Symbols and Order dress only appear once or twice a year in any state or territory. So if such an event happens (especially during the KOTO course) take the opportunity and encourage the cadets to attend– with cameras in hand. Permissions will need to be sought as appropriate for any external activities. Note there may be some reluctance from some parents of other faiths in their child/ren attending a Christian church ceremony. It is important to respect the family's choice in this respect.



Activity 6. Interview with a Member of the Order

The Cadet KOTO Workbook explains this process including the questions that Cadets might ask the member of the Order. The member might be a MStJ (Member), OStJ (Officer), CStJ (Commander), KStJ (Knight or Dame) or even GCStJ (Bailiff or Dame Grand Cross).

Whatever the Grade, the Cadets will find that the member is extremely proud of their award and has vivid and cherished memories of being presented (probably by the Prior or a Deputy Prior at Government House). This is a special occasion so try to ensure that their questions are put with genuine interest and of course respect for the decorated member.

The workbook also includes comments about hospitality (taking good care of the guest). St John is hopefully well known for its warm and cordial hospitality.

ST JOHN IN AUSTRALIA

Skills	Attributes
<ul style="list-style-type: none">✦ Collecting, analysing and organising information✦ Communicating ideas and information✦ Working with artistic expression✦ Solving problems✦ Using technology	<ul style="list-style-type: none">✦ A sense of service



Activity 1. Find the names

Finding the names of some members of the National Board may be too difficult for younger Cadets and at the time of writing this Guide, there is no one appointed to the role of Chief Commissioner. You may need to provide them with this information. Older cadets can try finding these names through St John resources such as a recent copy of the St John Annual Report or past editions of Spotlight (the National monthly newsletter available on the Member Connect website). It is important to note that the Australian Youth Council has been superseded by the Australian Youth Advisory Network.



The Prior of course is the current Governor General of Australia and the Deputy Prior is the current State Governor or Territory Administrator. St John is fortunate to have these organisational ties with Vice Regal leaders. It stems from the Charter which Queen Victoria drew up, establishing St John as a chivalrous Order.



Activity 2. Imaging a 1930s Cadet

Cadets are asked to discuss why a young person might have wanted to become a Cadet back in the 1930's. You might find their answers are much the same as the reasons they themselves have joined in recent times. Answers should (in theory at least) reflect the underlying objectives of the Cadet movement: to have fun, to provide new opportunities for learning and development, to pursue a field of service, to explore a possible career path in the health sector.



You may choose to include a discussion around why young people might have been motivated to join the Cadet movement during World War II.



Activity 3. Your local history

Ask the Cadets how many of these questions they can answer for themselves. After that, you might need to fill in the gaps with information they were unaware of (so you will need to have the information on hand). This exercise will (importantly) give them an appreciation that their local unit is an integral part of St John's national landscape. Whether urban, regional or outback, Cadet units are 'out there' and working hard to train young people not only in first aid related skills but skills and attributes which will serve them throughout their lives.



Activity 4. Uniforms

It might be a good idea to ask a senior Cadet to conduct this discussion. It need only continue for a few minutes. The Cadets will soon appreciate the practical difficulties with the older uniforms!

In St John we have adopted green uniforms for field events. Discuss why this decision may have been made. There are good practical reasons for such changes including financial. Our black and white uniforms tend to be used nowadays for ceremonial occasions. Ask whether they think the uniform will need to change in the future?

Ask each Cadet to paste in a photo of them in their own uniform. It might be an individual photo or a photo of the whole Cadet division. This will highlight a) the contrast against the old uniforms in St John and b) a sense of belonging and connectedness with all uniformed St John members– past and present.



Activity 4(a). We were there! Interesting events

It shouldn't be too hard for the Cadets to obtain a good photograph of a recent big event which was covered by St John personnel. There are often photos of big events in St John's national or State/Territory annual reports, or in editions of State/Territory newsletters or the national newsletter, Spotlight.

The questions below the space for the photo are questions of strategy surrounding a big event. These are the questions which St John personnel ask in the planning stage for covering big events.



Activity 4(b). We were there! My duty

This activity might have to wait if some Cadets have not yet attended a duty. They should paste in a photo of the event and answer the simple questions provided in the workbook. Not all Cadets will have access to a smart device or camera that they can take a photo with. It would be helpful if you could organise to take some photos or arrange for other Cadets with access to such devices to do so.

This activity will give them a sense of pride in having attended the event and contributed to the work of St John First Aid Services.



Activity 5. The Division's Time Capsule

This activity is history in the making! This activity could become the highlight of the KOTO course!

At an appointed time in the future, the time capsule will be opened (hopefully with due flair and ceremony, and possibly with some ex-cadets in attendance!).

Use the instructions in the Workbook to guide you. As a trainer you will have a few practical issues to resolve, including:

- ✦ where to bury the capsule (if you are unable to bury a capsule in your division, where else could be an option?)
- ✦ what to put in it
- ✦ the type of container you will use,
- ✦ what kind of marker (if any) you might use to mark the location of the capsule.

Don't be frightened by this activity. It can be done very effectively if done cheaply and simply (even minimally). Your container doesn't have to cost a lot, or even anything (it could be an old airtight plastic container that you don't want anymore). Sometimes 'less is better than more' as the saying goes.



Trainers often find that parents have some good ideas as well.

Why not feature the process with a story in your local St John newsletter. Others will love to read about it. It will put your Cadet division on the map and the Cadets will love reading about their activities in the news!



Activity 6. A 900 year old time capsule?

The imagination of some of your Cadets will run riot in this discussion about what might appear in a time capsule unearthed after 900 years!

It is recommended that answers should be restricted to St John context (to help keep the Cadets on point!).

The Cadets might include a list of members with very old-fashioned names, sketches of various events, an article from a newsletter (no, it need not be etched in stone!), uniform items (medical, military and ceremonial), knights armour or even weaponry.

THE ST JOHN INTERNATIONAL FAMILY

Skills	Attributes
<ul style="list-style-type: none"> ✦ Collecting, analysing and organising information ✦ Communicating ideas and information ✦ Working with others in teams 	<ul style="list-style-type: none"> ✦ A sense of service ✦ Cross cultural awareness and understanding

People who have been members of St John for a number of years will tell you that St John is a true international family. These people have had the pleasure of greeting St John members from overseas, or the privilege of meeting St John members while travelling overseas. When members from across the globe know that they are meeting other members, any initial awkwardness in the conversation simply evaporates. There is a great commonality in training, ethos and experience as volunteers– yet some fascinating differences as well!

This short topic focuses on the Most Venerable Order of the Hospital of St John of Jerusalem across the nations– particularly in the period 1850 to the present day. We look at the very rapid spread of St John throughout the British Commonwealth nations. Other aspects covered include the International St John Eye Hospital– supported by the whole international St John family and the international governing body, the Grand Council.

The Eye Hospital is a wonderful example of St John’s involvement in Jerusalem turning full circle. The Palestinian people in particular are highly prone to eye disease. St John from all over the world resources the Hospital, allowing it to freely provide much needed eye care to the people of Israel and Palestine.



Cadets might engage in the challenge of helping to raise funds for the Eye Hospital (e.g. by performing a demonstration at a Shopping Centre, holding a fund-raising trivia night or other achievable activity).

Contributions can be forwarded directly to:

Ophthalmic Branch
St John Ambulance Australia,
PO Box 292
Deakin West ACT 2600

or email finance@stjohn.org.au to arrange for a direct deposit.



Activity 1. Your St John geography!

Here is an exercise in geography which serves as a game as well. Cadets will enjoy the challenge of locating a St John nation as speedily as they can. This game can be played a few times over a number of weeks. You will see the improvement in their knowledge of world geography as well as where St John is located outside of Australia!



Activity 2. St John countries

Again, this activity will help the Cadets improve their knowledge of world geography—specifically their knowledge of St John countries. The list of Commonwealth Nations can be determined by performing an internet search and finding the names of those countries which compete in the Commonwealth Games.

It's important to realise that some St John countries are wealthy and others are not. This results in the wealthier members of the St John family supporting the less wealthy. For example, the Priory of St John supports less developed St John nations in the Pacific (including Papua New Guinea and the Solomon Islands).



Activity 3. Assistance from St John Ambulance Australia

Israel, Papua New Guinea and the Solomon Islands have already been identified as member nations benefiting from Australian St John assistance. Cadets will be able to gain an up to date list of assisted St John nations by referring to recent St John Ambulance Australia Annual reports (available at www.stjohn.org.au).



The Most Venerable Order

Referring to the photograph of the Grand Council on page 24, Cadets might be interested to know that the person in the centre of the front row is His Royal Highness Prince Richard, Duke of Gloucester, the Grand Prior of the Order. The Grand Prior is the patron of the Grand Prior's Awards presented to Cadets throughout the world. The Duke represents the Sovereign (King or Queen), who is known as the Sovereign Head of the Order.

A-900-YEAR-OLD-HISTORY

Skills	Attributes
<ul style="list-style-type: none"> ✦ Collecting, analysing and organising information ✦ Communicating ideas and information ✦ Using mathematical ideas and techniques ✦ Working with artistic expression ✦ Working with others in teams 	<ul style="list-style-type: none"> ✦ A sense of service

Not many organisations can trace their roots back over 900 years! St John proudly looks back in time to remind itself of the great mottoes and the eight beatitudes and what they mean when applied to the service of mankind, both in the present as well as the past. If St John lost sight of its values and tradition, its service to the sick and injured would lose the characteristics which have proved inspirational over 900 years.

Trainers should read more widely than the Cadet Workbook for a better understanding of the many historical twists and turns which affected St John Orders in this 900 year period. Dr Ian Howie Willis' *Very Short History of the Order of St John* (available at members.stjohn.org.au) was written for Cadet trainers for this very purpose. (Thank you Dr Howie-Willis!).

There is scant coverage of the Order's history in the Cadet Workbook for the period between when the Knights resided in the Holy Land and the arrival of the Knights on Malta. Trainers with a particular interest in this fascinating era may like to substitute much of the information around Malta for the earlier experiences of the Knights on Cyprus, Rhodes and at sea. Again, Dr Ian Howie-Willis' work relating to this earlier period is second to none.

Trainers should make a special point of introducing the Blessed Gerard to the Cadets. Here is a man who, in responding to the needs of the sick and injured in Jerusalem, set up a hospice for them– thereby establishing the great Order(s) of St John. Cadets will enjoy the story about buns rather than stones (see p28 of the Workbook). Some trainers may ask the Cadets to provide a role play of this event– it brings out the virtues of courage, ingenuity, and dedication to colleagues.



Activity 1. What the Knights looked like

Younger Cadets, in particular, should enjoy this activity. The Cadets are required to depict the appearance of the Knights in their two roles: hospitaller and military. Ideally, the Knights would spend most of their time in their monasteries/fortresses occupied in prayer

and service to the sick and injured. Nevertheless, they also needed to be ready to take on a military in Jerusalem and the Mediterranean.

The Knights Hospitaller had the support of the Knights Templar, who were a separate organisation with a solely military role (1129AD through to their dissolution by the Pope Clement V in 1312AD).



Activity 2. St John fortresses

All Cadets should enjoy the fortress cut-outs. The walls of the fortress are inscribed with the Beatitudes and the Virtues (so a good opportunity for revision as well). The Order of St John was a wealthy organisation, enjoying the support of the Church throughout England and the Continent (look after our pilgrims and we will resource you). This can be the subject of discussion during the construction of the fortresses.

You can print out the relevant pages on A3 sized paper for the Cadets.

Some Cadets take real pride in their work and colour in the fortresses in their own choice of colours. It's a good idea to back the fortress onto poster cardboard for extra rigidity and a longer life.



Activity 3. Pirates and slaves

Life on the Mediterranean included piracy and slavery. At times it was hand to hand fighting on the seas. Being a naval power, St John was inevitably in the mix. Slave-power was used to drive many a ship at sea. Older cadets might engage in discussion/debate on these issues. On the one hand, the Knights professed to live a holy life dedicated to the service of their God and their fellow man and on the other hand they deployed slaves. The Church was very slow to condemn slavery. Morally confusing times!

When at their best, the Knights practised their faith with a spirit of genuine love and service to the sick and injured. They referred to their patient's as "Our Lords the Sick" because they believed that service to their patients was service to their Lord. Each Friday the Grand Master himself would serve these "Lords the Sick".



Activity 4. Occupation timeline

The purpose of the timeline is to produce a graphical illustration of the *relative* lengths of time in each phase of history. It's just a matter of drawing a horizontal line (on graph paper if you wish) and labelling each of the historical phases according to the number of years for each.

Now the Cadets undertaking the extension activity can move on to the next activity which is to mark on a map of the Mediterranean the places occupied in the period 1099 to 1798. Mark these sites with little flags which include an inscription of the *place* and the *years involved* (e.g. 'Acre: 1187 to 1291').



Activity 5. Glimpses of Knights on Malta

Ask the Cadets to progressively follow the pictures of the Knights on Malta and to identify the role of the Knights depicted by the picture: whether military, medical, ceremonial or religious.



Hint for the Cadets: the answer is contained in the text!

Author's answers:

Image 1: military

Image 2: medical

Image 3: military

Image 4: ceremonial

Image 5: ceremonial

Image 6: religious (training)

Image 7: religious

Image 8: medical.

The Knights were strong on Malta for most of their tenure there. This is apparent in the many churches, fortresses, auberges and hospitals/clinics established over the years. It is said that there is a church for every day of the year on Malta.

200 years of strong tenure contrasts dramatically with the ease in which Malta was finally taken by Napoleon– it was all over in a matter of days. The Grand Master allowed the takeover to occur.

Napoleon picked the perfect moment to strike– taking over the island at a time of relatively weak leadership and resolve. Among other complications, the French Knights on Malta were divided– some being pro Napoleon, others feeling strongly against the French revolution. This was a tragic loss. The Knights on Malta had won international acclaim for their high standards of medical care and achievements in medical research including specialities such as eye surgery. Apart from the leadership of the Grand Master which was wanting, it was much more a weakening discipline in the religious life of many of the Knights than any relaxation in the provision of medical services which rendered them ripe for the taking.

LET'S CELEBRATE!

Skills	Attributes
<ul style="list-style-type: none"> ✦ Communicating ideas and information ✦ Planning and organising activities ✦ Working with others in teams ✦ Leadership 	<ul style="list-style-type: none"> ✦ A sense of service

Belonging to the great Order of St John gives us reason to celebrate. It's one of the oldest organisations in the world, rich in tradition and famous for its excellence in humanitarian service to the sick and injured. Our current generation of Cadet's are an integral part of St John's long history.

The Cadets have learned some wonderful things about the history of St John, both here in Australia and across the globe, dating back over 900 years. The Cadets have nearly completed this Proficiency Course, so now its celebration time with a few fun concluding activities!



Activity 1. A memorabilia-fest!

Trainers should contribute to the collection for the Memorabilia Fest. This will create a lot of interest because each item of memorabilia is a story in itself. Many Divisions have their own glass cabinet of memorabilia. It may be possible to feature these items as well during this activity.

Some trainers prefer to pre-sort the items so that they can be dealt with in a logical sequence. Others like to select items randomly. Whatever the case, make sure that the owner of each item has the opportunity to speak about it. This is an exercise in speaking to a group– a very important life skill. In St John Cadets we provide many opportunities to allow individuals to speak up and be heard.

Have fun with this activity which should spark off a lot of discussion.



Activity 2. What fascinated me!

This short activity is designed as a revision activity. There are so many wonderful aspects about St John's history and tradition. Cadets have learned of a few in this short proficiency course. Now is the time to ask them which stories or topics impressed them particularly.

From a Trainer's point of view, it's interesting to hear from the Cadets what they learned from the course. Are the Cadets recalling stories in a factual way or are they also making

comments which are *intrapersonal* in nature (i.e. reflective). Intrapersonal learning is a deeper level of appreciation.

The extension activity (Valuable Lessons) is designed for older Cadets. We can all learn from the past– from both our strengths and our weaknesses, and achievements and mistakes. St John is fortunate to have a long, rich history which is able to inform decisions for the future. Members can check any proposals which might dilute or compromise the mottoes and objectives of The Order. They have the past to guide them!



Activity 2. Time to show off!

This is an activity you can defer until Certificate Presentation time if you wish. It can be a 'big splash up event' involving the attendance of adult members and parents.

The Workbook provides some examples of what can be done by way of preparation and planning for the event. Try to include a 'course-completion supper' which will help raise the sense of achievement in finishing the Proficiency Course. It's very important (in pursuing as many of the skills and attributes as possible) that these activities be planned by the Cadets, working in small groups. If you leave most of the planning and preparation to the Cadets, some of them will be exercising skills in leadership.



A final note to trainers

We love receiving feedback from our trainers– be it brick bats or accolades. We are prepared to amend our proficiency requirements in order to keep them fun, up-to-date, engaging, valuable and appealing.

In this particular proficiency we would love to hear about the particular sports and activities which were the focus of the Cadets' work. Just write us a note (however brief) and post it to Cadet Proficiency Program at:

St John Ambulance Australia
PO Box 292
Deakin West ACT 2600

or via email to youth@stjohn.org.au

