

## Corps members receive honours

From the NZRT

*Two members of the New Zealand Resilience Corps received awards in a ceremony at the Museum of New Zealand Te Papa Tongarewa earlier this month.*

In front of the Minister for ACC and the co-leader of the Maori Party, Corps members Heather Cotton and Tracy Hurst-Porter received their awards for excellence as adult learners.

The award ceremony, which launched Adult Learner's Week, recognised learners, tutors, and organisations involved in the Adult Community Education sector.

One of the planks the NZRT

builds its work on is community education. This has been the first year the Trust has delivered education programmes to the public and it has been an unqualified success, with a total of seven courses and just under 400 student contact hours.

Next year we hope to deliver courses at all five community learning centres in Wellington City. Agreements have already been reached with Newlands College, Wellington High School and Rongotai College.

This year's Adult Learners' Week/He Tangata Mātauranga, theme 'Adult Learners are Leaders He Rangatira te Akonga Pakeke' celebrated the way learning empowers adults to inspire and lead others.

The celebration was supported by New Zealand National Commission for UNESCO and the Tertiary Education Commission.

ACE programmes are hugely beneficial to Aotearoa New

Zealand. Recent research earlier this year showed 409,000 New Zealanders took part in informal, community based education with an estimated economic benefit of between \$4.8 billion and \$6.3 billion annually.

### CORPS MEMBER PROFILE Sharla Arnold

*Each issue we present a brief biography of a Corps member, and ask them a few pertinent questions.*



Sharla Arnold is a go-getter who has just become a trustee of our newest resilience trust.

#### How did you get involved with the Resilience Corps?

Initially I met Jarrod when setting up the Tawa Community Patrol. Jarrod told me about the Introduction to Disasters & Preparedness course, which I participated in and thoroughly enjoyed. I learnt more about resilience, the Trust and the Corps. I joined the Resilience Corps as I wanted the opportunity to learn more, keep in touch with other like-minded people, and put any skills I have to use helping others. Over the years I've done many first aid courses, and been involved in Civil Defence groups and the Red Cross Emergency Response Unit. After doing the first aid courses there was never any follow-up or further support and learning. That's one of the key things that interested me in the Resilience Corps.

#### Why did you help start the Ohariu Resilience Trust?

Since becoming a mum I've realised the importance of community and remembered what it is like living in a resilient community (from growing up in the country). I'm passionate about the benefits everyone can get from being part of a strong, resilient community so I wanted to help foster that in the environment I live in.

#### What is the main thing you want to achieve through the new Trust?

I'd like to help bring neighbours together more. At the end of the

day you can have a lot of loose networks and friendships with groups such as sports groups, work groups, interest groups and church groups etc, but your neighbours are who you live beside and in most cases they're the people you know the least. In times when resilience is needed the most you should be able to call on your neighbours for help and support and be able to offer the same.

#### What's the best thing about living in Churton Park?

The peace and quiet; being able to hear the tui and sheep rather than lots of traffic noise. It's such a beautiful area to live in.

#### Give us a good idea for meeting your neighbours.

A neighbourhood watch/support group. If you don't already have one, knock on your neighbour's doors and ask if they are interested in starting one up. Your local Police station will usually be able to help with pamphlets on safety and ideas from Neighbourhood Support and they may even come and speak to your group. It's better to get to know your neighbours before you have to know your neighbours. It provides added security, friendship, and support.

### COMMUNITY EDUCATION

#### Certificate in Resiliency PART TWO

**LAST CHANCE FOR 2008!**

#### Advanced Personal Preparedness - Free

Newlands College  
**Tuesday November 18<sup>th</sup>**  
and  
**Tuesday November 25<sup>th</sup>**  
7PM ~ 9PM

[this is a four-hour course]

#### Pre-Hospital Emergency Care (PHEC) - \$475

Newlands Papakainga  
**Monday November 17<sup>th</sup>**  
to

**Friday November 21<sup>st</sup>**  
8:30AM ~ 5:00PM

[this is a five-day course]

[nzrt.org.nz/courses](http://nzrt.org.nz/courses)

### Five Questions To Ask... Workmates

*Every month we will be giving you five questions to ask people in your life. The answers might surprise you! We will discuss the reasoning behind the questions in the following issue.*

- 1) How do you get to work? If you drive, do you carpool?
- 2) Do you have a vegetable garden at home? If so, what do you grow?
- 3) What do you recycle?
- 4) Have you completed a first aid course?
- 5) Do you have a first aid kit at home?

Last month's questions were important because by raising the subject you are gently getting people close to you to be more aware of their personal preparedness. Thanks to all those who gave us feedback!

### Hot Topic Sustainability

Spring has sprung, traditionally the time of year to sow what we want to reap next year. It's also a good time to stop and think about how you are contributing to making the world a better place.



# OPINION Wellington North Community Patrol

Jarrod Coburn, NZRT

**Climate change and the global "credit crunch". Are they linked? Well... yes.**

The past twenty years have seen an incredible world-wide binge on spending beyond our means. The result is that many Western nations have started to become unsustainable.

Thank goodness New Zealand has not gone as far as some of the bigger countries. But not through lack of trying! In fact now is a perfectly good time for most Kiwis to shamefully admit to buying in to the manic spending spree.

The time has come to redress the balance. There is a generation of people who still remember the lessons of the Great Depression, and they have some valuable advice for us. In those days they grew their own fruit and vegetables, bought in bulk, and spent money wisely.

According to the [Sustainability.govt.nz](http://Sustainability.govt.nz) website New Zealanders are taking up the sustainability challenge. It's a smart thing to do.

The thing that links concerns about the Earth's climate with concerns about the world's finances is clear. Both are caused by people acting without thinking of others. Both can be solved through building community resilience.

## A thoughtful thought...

Many ideas have struggled over the centuries to dominate the planet. We have had fascism, religion, communism, democracy...



...but only one has achieved total supremacy. Its compulsive attractions rob its followers of reason and good sense. It has created unsustainable inequalities and threatened to tear apart the very fabric of society. More powerful than any religion, it has reached into every corner of the globe.

It is consumerism.

Jonathon Porritt

*They are out there, every weekend, using their own cars, their own fuel, and their own time to ensure our community is safer.*

The Wellington North Community Patrol covers Broadmeadows, Churton Park, Glenside, Grenada Village, Johnsonville, Newlands, and Paparangi. Their motto is "You can make a difference!".

No matter where you live there is some type of crime. This can include anything from graffiti, theft, assaults to more serious crimes. It's not just up to the New Zealand Police to make our communities safe. It's up to you too. Did you know that you can make a real difference in your community?

The Wellington North Community Patrol is a volunteer group of local citizens. They work together with other

## News from the NZRT

### Community First Response

Community First Responders are volunteers who are willing to be trained to respond to calls from a local ambulance service to provide urgent aid to someone within their own community. This ability to self-respond to the community's need contributes to resilience. It also contributes to the improvement of the holistic wellbeing of the community as those volunteers are involved in other community projects and groups. The NZRT's uniformed service – the New Zealand Resilience Corps – is ideally suited to adopt a community first response function, as it already has members staffing community ambulances, and the Trust is working toward this aim.

### Community Training

We have run two subsidised Pre-Hospital Emergency Care courses this year, with another one due to start on November 17<sup>th</sup>. Wellington City Council has been very supportive of the courses, and we appreciate the opportunity to boost the medical skills of Council officers.

Next year the Trust plans to deliver subsidised first aid courses as well as PHEC, using NZRC members as paid tutors.

community patrols and the Police throughout New Zealand to build safer communities and to prevent crime. They are affiliated to the national body Community Patrols of New Zealand (CPNZ).

In Wellington North the Police have noticed a pleasing and steady decrease in some types of crime and offending. The Wellington North Community Patrol runs entirely on volunteer help and without any regular funding. Many of our volunteers have become involved after being affected by crime themselves.

Recently two members of the patrol were awarded special honours for reporting a serious crime in progress at Johnsonville Woolworths.

And the Wellington City Council is honouring the NWCP as well, with a community safety award. Well deserved!

## News from the Corps

### Prizegiving and Awards Night

Our annual prize-giving ceremony is coming up! This will be held in Newlands on the evening of Friday 5th December, which coincides with International Day of the Volunteer.

### Northern Festival

The following day (Saturday 6th December) there is an opportunity for Resilience Corps members to put that volunteering to the test, by acting as marshals for the Johnsonville Christmas Parade.

We need ten marshals. In addition, we have offered to provide first-aid services on the day, too. It's a great opportunity to promote the Corps and be part of a wonderful community event.

### Recent Activity

The Trust recently finished delivering its second Pre-Hospital Emergency Care (PHEC) course, at the Newlands Papakainga. Glen Stiles from Triple One Care tutored 11 participants from Wellington City Council and Victoria University. A big vote of thanks go to Nga Hau e Wha o Paparangi for allowing us to host the course at the Papakainga.

Community patrol asks volunteers for just four hours of their time each month. Two people are rostered "on duty" together. The time of day is up to the volunteers.

Community Patrol are not Police Officers nor Security Guards. They only observe and make notes. They do not get "involved" in any incidents, but support Police passively.

You can find out more at [www.wncp.wellington.net.nz](http://www.wncp.wellington.net.nz)



Wellington North Community Patrol

To volunteer contact the coordinator Steve Hart on (027) 554 8378

or

[wncp@paradise.net.nz](mailto:wncp@paradise.net.nz)

## Monthly project

*This is where we set a target (or 'project') for our readers to achieve over the next month. You are encouraged to correspond with the editor with your results, which will be published. We also welcome your suggestions for future projects. Email us: [info@nzrt.org.nz](mailto:info@nzrt.org.nz)*

This month we would love to know who lives in your neighbourhood.

Do you have a neighbour who lives alone, is in poor health, or infirm? What skills exist in your neighbourhood? Who is active in their community?

Email us here at Esprit de Corps. We will publish the findings next month!

### Last month's project: Water

We have discovered that there are a few busy little squirrels out there, storing up large amounts of water just in case. But there are still too many people who responded saying they don't have ANY water stored. So get to it! Or Santa Claus will put your name down on the "naughty" list! ☺