



Branch Quarterly

Malta Red Cross - Malta Branch

ISSUE 5 – January, 2010



Proud members of the Malta Red Cross – Malta Branch wait to have their picture taken in the courtyard of the President's Palace in Valletta.

EDITOR'S NOTE

These three months proved to be very busy and exciting for all Malta Branch volunteers. The branch ran the annual First Responder – Advanced First Aid course for its basic first-aiders. 14 volunteers completed this course successfully and have made the team stronger. In the same period, three First Responders attended an EMT-B course organised and delivered by the Gozo branch. This also proved an enriching experience for the branch.

In December a good number of volunteers manned important posts related to the national event, I-Istrina. This gave the Branch members the opportunity to do voluntary work for a much noble cause.

New sponsors are also backing up our activities. We thank them for their support.

JAMES XUEREB

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Traditionally, the day after Christmas has become synonymous with the annual charity fund raising event L-Istrina. It is an event held in both Malta and Gozo on the 26th of December to raise funds for those who are less fortunate. This year's Istrina was the first time that the event was held under the patronage of President Dr. Abela, who has put his heart and soul in it, revamping the event which for the first time this year did not see any prizes being given to people who donate money.

Being a voluntary organisation that supports and helps people who are less fortunate, the Malta Red Cross – Malta Branch provided First Aid coverage of the major events of the L-Istrina 2009. It is estimated that over 2,500 individuals approach the Malta Community Chest Fund every year asking for help and attention. In fact, The Malta Community Chest Fund needs an estimated €1.5 million a year to accommodate everyone's needs.

President's Fun Run



The first event of its sort, originally expected to attract about 1,500 applicants, attracted a record 6,000 joggers and walkers across all age groups - to join President Dr. Abela on a fun run from San Anton Palace to Valletta in order to raise money for the Malta Community Chest Fund.

The Marathon also underlined the health promotion aspect of the event, aimed at raising awareness about the importance of fitness, apart from funds.

The Marathon also included people who had not exercised in years, persons with special needs, athletes and people from all the different strata of life. The Malta Red Cross – Malta Branch ensured the safety and well-being of all participants.



Paqpaqli għall-Istrina

For the fifth year running, a motor car show was held on 13 December 2009, with donations going towards the annual Christmas fund raising event, L-Istrina.

Malta, although a small island, has a lot of people who are avid car fans. During the event, motorcycle and car enthusiasts gathered in one place, and at the same time donated something to those less fortunate than us.

For the first time in history, the Malta International Airport (MIA) allowed a wide open space for those who wanted to push their cars to the limit and enjoyed driving in racing conditions.

Those who attended were also given the chance to visit one of the Lufthansa Technik's hangars, where they could witness round the mill maintenance procedures which take place on aeroplanes. A number of static cars were also on display for the general public, while for the first time ever, helicopter rides over Malta were available against a small donation.



Istrina 2009

L-Istrina is a national fundraising event which runs for 12 hours of solidarity

This year's edition of L-Istrina, organised by the Community Chest Fund, was held at the Lufthansa Technik Hangar at Hal Farrug, which was transformed for the occasion into a huge television studio.

L-Istrina was accompanied by a whole programme of activities, including singing, dancing and music with the audience of 300 people changing every two hours. The programme ended after midnight and was broadcast live on all local television channels.

This year no gifts were distributed. However the event managed to raise over €2.3 million – a part of which was collected and donated to the President by the Malta Red Cross – Malta Branch volunteers.

All the collected sum was definitely a great start to the tenure of His Excellency the President Dr. Abela and his wife, Margaret. In fact, the sum was almost as high as the one collected back in 2003.



Again, the Malta Red Cross – Malta Branch was present for the whole twelve hours in order to cover any medical emergencies that could crop up during such big events.

Owen Micallef

Worth a mention...

The work of the Branch would not have been possible without the assistance of our sponsors:



Special thanks to our partners, Intervisions Ltd., distributors of Segways Malta.





VOLUNTEERS ABROAD

5th National Youth Camp Italian Red Cross

Held at the Penitentiary School at San Pietro Clarenza, Catania,

4 - 8th December 2009.

This was an amazing experience with strong emotional and psychological development, putting together over 250 participants from different backgrounds, experiences and regions. Having to share a tent with strangers in a prison-like set up was not easy but at the end it was an extremely rewarding experience. Malta was exceptionally represented by 5 great guys from Gozo, 3 from Central Branch and last but not least 2 from our own branch who were the Team Leaders of the group. The challenging and strenuous lessons were held between nine in the morning until the late hours of the night. We followed lectures, delivered in Italian, in the genres of Pediatrics, Minors at Risk and Immigration and we excelled so much that Malta was acclaimed to be one of the best regions participating.

Evenings took a more relaxed setting through animated activities which served as a relief from the stressful events of the day. On one particular evening we participated in a team competition called Dr. Who where we had to answer various questions within the shortest time. Topics ranged from Cultural, Geographical and even Sports for which we proudly placed with the semi-finals.

Words cannot express the emotions that we all felt during this Youth Camp and we cannot forget to thank Rosario Valastro – National Inspector, and Stefano Principato – Regional Inspector, as well as all the participants for their warm welcome and for making this Camp so special.



Isabella Mifsud & Robert Cauchi



We Need You

RECRUITMENT OF VOLUNTEERS



Malta Red Cross
First Malta Branch

**Do you feel you CAN make a difference in
today's world?**

- Would you like to Learn the Latest First Aid Skills?
- Would you like to Meet New Interesting People?

 **We are Recruiting more
Volunteers!**

Email us on mrc1administration@gmail.com or call 79 000 112
for more information and to GET INVOLVED TODAY!

**A new First Aid Course will be starting
shortly and limited spaces are available!**

Note:

Becoming a volunteer with the First Malta Branch also means benefiting from various opportunities to take part in workshops and meetings both locally and internationally. The best way for our volunteers to increase their knowledge and gain experience is for them to meet other volunteers from different countries and backgrounds. We would also like to broaden our EU funded opportunities and if you have experience in this field, we would like to hear from you. For more information please contact us on mrc1administration@gmail.com or call 79000112.



Advanced Course

The Branch held the course entitled “Advanced First Aid – First Responder”. This course is aimed at expanding the skills of experienced first aiders to cover techniques and equipment used in ambulance work, and is aimed at being a practical course.

The course was held on weekends from September to December and was attended by 14 volunteers.

The course instructors were Michael Falzon, Lina Sultana and Edward Gruppetta, whilst James Xuereb was the course coordinator.

During the course the students refreshed their first aid techniques and were introduced to extended skills such as the use of oxygen, immobilization equipment and AED.

The course also included a “hands-on” simulation session where trauma scenarios were set up and the students had to practise the techniques in a realistic situation. This session was arranged with the help of Enemalta’s fire section who set up the exercise and demonstrated the use of rescue equipment in a vehicle extrication scenario.

The course ended with a theoretical and practical examination where the students had to deal with a casualty on their own.

Michael Falzon



EMTB Course

Emergency Medical Technician-Basic (EMT-B) is the entry level of pre-hospital emergency medical provider in most countries. Although EMT-Bs are not trained to provide definitive medical care, they have a very special role since they focus on rapid in-field treatment and transport to higher medical providers.

On the 14th of August 2009, three of our most active volunteers, Ms. Paulette Fenech, Mr. Robert Brinciau and myself, Mr. Owen Micallef, started training with the Malta Red Cross - Gozo Branch, in Emergency Medical Technician – Basic.

The course was 120 hours long and was held on Fridays and Saturdays in Gozo, together with other First Aiders and First Responders from the Gozo branch. The course was delivered by Mr. Etienne Micallef.

All three volunteers, already Advanced First-aiders, underwent training in anatomy, physiology, legal aspects of medical care, assessment, and treatment of medical, trauma, behavioral, and obstetric emergencies. Furthermore, the volunteers were trained to provide what is considered advanced life support (limited to essentially non-invasive procedures). Besides employing basic medical assessment skills, training also included skills in giving CPR, utilising Automated external defibrillation, mechanical ventilation using a bag-valve mask, placement of air way adjuncts such as oropharyngeal and nasopharyngeal airways, splinting (including spinal immobilization and traction splints), and suctioning.

Robert, Paulette and I were also trained to assist patients with administration of prescribed nitroglycerin, metered-dose inhaler such as albuterol, and epinephrine auto injectors such as the EpiPen.

On behalf of the Malta Red Cross – Malta Branch I would like to take this opportunity to congratulate these volunteers who managed to pass through the above training and will therefore further strengthen the Disaster Response Team of the Malta Red Cross – Malta Branch. Our special thanks goes to the Gozo Branch that gave such an opportunity to our volunteers. Well done!

Owen Micallef



Malta Red Cross

Malta Branch

The Team

Edward Gruppetta (Chairperson)
James Xuereb (Courses Co-ordinator)
Charmaine Micallef (Treasurer)
Marie Anne DeBattista (Branch Secretary)
Robert Brincan (DRT Coordinator)
Owen Micallef (Marketing and PR Officer)
Michael Falzon (DRT Consultant)
Vanessa Pisani (Equipment Officer)
Paulette Fenech (Ambulance Services Officer)
Lina Sultana (First Aid Technical Advisor)
Kevin Carbonaro (Webmaster)

For more information about the Branch, including our Ambulance Service and First Aid Courses, and if you wish to become a volunteer with the world's most prominent Humanitarian organization, contact us on:

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