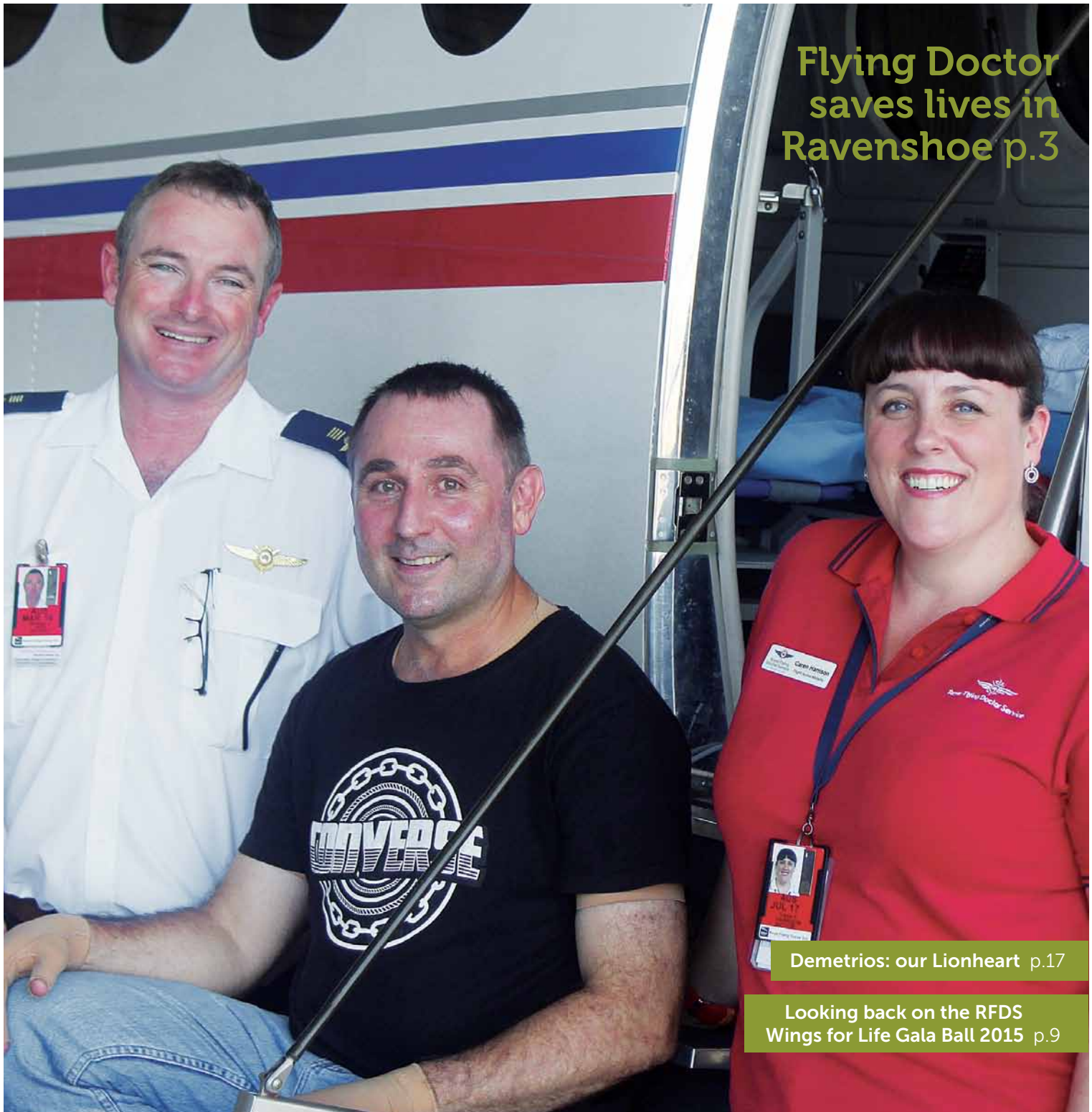




Royal Flying Doctor Service
The furthest corner. The finest care.

Flying Doctor

QUEENSLAND >



Flying Doctor
saves lives in
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Message from the CEO



Nino Di Marco
CEO
Queensland Section

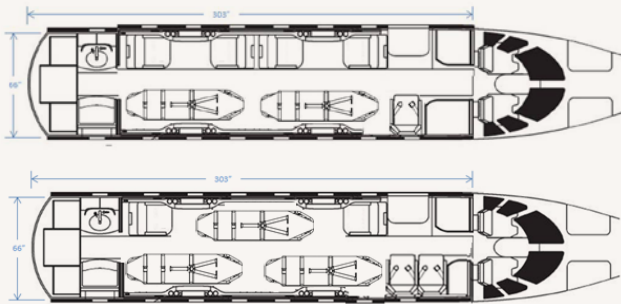
The commencement of a new year is often a time of renewed vigour and resolution, having hopefully had the opportunity to enjoy a restful and joyous festive season with our friends and loved ones.

I trust, like me, you our loyal Flying Doctor supporters have enjoyed such a time, and I take this opportunity to again thank you for your continued generosity in support of both our life-saving and primary health care services.

Nothing, it seems, in this world stays still for long with the delivery of health services facing many current challenges, with rising costs, the impact of a prolonged drought on many Queensland communities and an ever changing policy and regulatory environment, certainly having an impact.

We at the RFDS must constantly evolve, by responding proactively to areas of health need, placing patient safety and the quality of our care at the forefront of our planning and looking at new and better ways to make a difference to the health of the communities we are privileged to serve.

This year, will see the introduction of two new 350 King Air aircraft to our fleet with the improved capacity for three stretcher patients and the ability to fly non-stop to Brisbane from regional centres such as Cairns and Mount Isa. With the ability to fly longer distances and carry more patients, we hope to offer a more time critical air response and to be on hand to assist our emergency service colleagues in times of natural disaster or multi-casualty incidents.



LEFT > Two new King Air 350C have the capacity for carry three stretchered patients plus medical staff. Layouts for the Dual and Triple stretcher mission – with the allowance for up to 3-5 belted medical positions and 2-3 patients. RIGHT > This year, two King Air 350C will be introduced into the Flying Doctor fleet.

Such is our commitment to quality patient care, our Queensland operations will also seek full health service accreditation against the National Quality and Health Safety Standards (NQHSS). This is a first for our organisation, as these health standards are typically in a hospital setting as opposed to our unique work environment (aeromedical and remote medicine). We hope to have achieved NQHSS accreditation by mid-2016.

We are also seeking to expand our mental health services across needy rural and remote drought-affected communities, having introduced extra clinical resources across the central, south-west and north-west regions of Queensland in 2015. We'll continue to look at improved funding resources for dental programs, in consultation with key funding partner, QCoal Group.

So, as you can see there is much to be proud about our continued role in providing vital health services across the State and many reasons to celebrate how your support can help us to be there in someone's hour of need.

Best wishes, Nino



Flying Doctor saves lives in Ravenshoe

Michael and Flight Nurse Caren met in July last year after one of the worst disasters in Queensland's history. An accident and gas explosion in Ravenshoe, a small farming community in the Atherton Tablelands, changed the course of history for not only Michael and Caren but the whole community.

For Caren Harrison, an RFDS Flight Nurse in Cairns, the day didn't start well...

"I was meant to start my shift at 6am, but before I got to work my mum, who lives in the UK, called me. She was in tears and said my step-father had passed away," Caren recalls.

"I spent a while on the phone with her and was deliberating whether I should call work to cancel my shift and fly to the UK to support her.

"The morning at work was quiet, with our first tasking at around 9am with a non-urgent patient needing to be transferred to Cairns.

Captain Mick Jess, Doctor Rob Russell and Nurse Caren Harrison prepared the aircraft and took off from Cairns bound for Coen, a small community in the Cape.

"About halfway into our flight we received a call that there had been an explosion in Ravenshoe and that we needed to divert with priority," Caren said.

"Mick did an amazing job, replotting our course, contacting people on the ground and making a swift U-turn and decent.

"Once we were on the ground, I asked Mick if he would come into town with us. While not medically trained, Mick has worked with the RFDS for many years and is really good at logistics, I had a feeling Rob and I might need an extra pair of hands, and I was right."

As the crew drove into town and pulled up in front of the "Serves You Right" café, the true extent of the disaster was evident.

"A car accident had caused a gas bottle near the café to explode, and the front of the shop had been blown out. There were injured people everywhere. The local emergency services and Ravenshoe clinic staff were doing their best to treat patients, but they really needed more people to help," Caren said.

"Rob and I decided to split up and meet back at the car in 10 minutes, after assessing the situation and those injured. We walked around the scene looking at each injured person and doing a quick assessment. It didn't take us long to decide who needed our help.

A local teenage girl, and Michael, a fireman, were both badly burnt and in need of advanced pain relief and the care of a tertiary hospital.

When Michael saw Caren for the first time and saw she was a nurse for the Flying Doctor he was relieved.

"I will never forget the feeling, I knew I was going to be okay and help had arrived," Michael said.

When Michael joined the fire service 20 years ago, his biggest fear was getting burnt, but after much persuasion from a friend who was already working in the Service and loving it, Michael joined up.

Continued over page



ABOVE > Michael's hands and back were badly damaged by the explosion.



ABOVE > Michael was sitting in the "Serves You Right" café when there was a gas explosion.

Flying Doctor saves lives in Ravenshoe *cont.*

Michael held many roles in this time, most recently, as an Acting Inspector, managing the Queensland Fire and Emergency Services Commercial Training Unit, Northern Branch.

“Some of the activities I perform within my role include travelling around Far North Queensland and conducting training for commercial business and mining companies,” Michael said.

“Among other things, we train their employees on appropriate fire evacuation techniques and teach them how to use a building’s fire safety installations including fire extinguishers.”

Michael recounted that he spent that morning with a colleague, working with the local Ravenshoe Respite Centre.

“We had practiced a fire evacuation and I had advised them on where their assembly point should be and what to do in an emergency. We were sitting in the café having a lunch break, when the accident happened.”

“I was facing the front of the shop with my back to the kitchen. There were about ten of us from the Respite Centre, my colleague, and the people we had been training.

“I remember hearing some banging, not unusual noises for a kitchen, much like pots and pans dropping, but then I remember thinking it seemed to be going on for a long time,” Michael said.

“When I saw the people in front of me jump up and move away from the kitchen, I instinctually followed, and turned around to see what was going on. That is when the explosion happened.

“I must have covered my face, because I’ve only got burns to my chin, forehead and ears. My hands and back are also burnt from when I turned to run out the front door.”

“All my fire training kicked in and I knew I needed to find water quickly. After searching for a hose but not finding one, I ran to the nearby toilet blocks to look for showers, but there weren’t any. As I made my way to the health clinic, a fire fighter came up to me for help. I pointed him towards another patient on the ground, as I was up and walking, and knew I could look after myself, but that others weren’t as lucky.

“Once inside the clinic, the staff directed me to their shower which was being used by another patron of the café. I spent, what felt like an eternity, sharing the shower with this young local girl.

“The clinic staff did their best to treat my burns, but between the shower and morphine, I was still in so much pain.

Michael said that when Caren from the RFDS arrived, she brought some really strong pain medication with her and for the first time he felt some relief.

“It wasn’t long after I met Caren that she made us more comfortable and ready to be transported back to the RFDS aircraft.”

“You could tell she was there to help, not just because it was her job, but because she wanted to.”

Michael said that Caren asked him if he wanted her to call his family to tell them he was okay.

“That was great because she gave them updates on where I was being flown to and my condition.”

“It made a huge difference to my children and partner who were waiting for me, he said.”

Caren remembers the drive out of town as a tough decision.

“We knew both patients were in desperate need of a tertiary hospital and further care, but it was hard driving out of town and leaving so many people behind,” she said.

As the Atherton runway is a short grass airstrip, the crew were limited to the weight they could carry and with two patients, three crew members and limited fuel, they were already at capacity.

On the flight to Townsville Hospital, Doctor Rob Russell and Nurse Caren Harrison focussed on pain relief and hydration.

The crew arrived in Townsville late in the afternoon handing over the two patients into the care of the Townsville Base Hospital.

It was a few months later at a fundraiser in Cairns for the Ravenshoe community that Michael, now back home in Cairns, and Caren crossed paths again.

“When I saw her, I knew she was my Flight Nurse and I couldn’t wait to thank her for all that she had done,” Michael said.

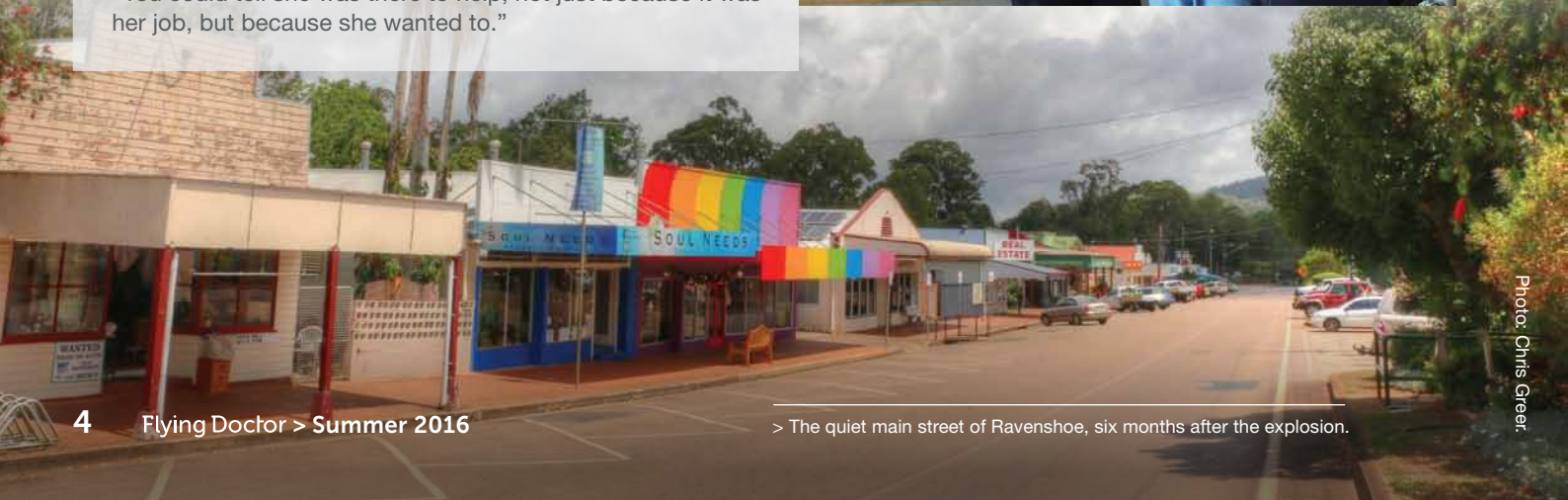
“I told her how I remembered her making phone calls to my family and the wonderful care she had given me,” said Michael.

Six months, and there is still a long road ahead for Michael’s recovery. Regular physiotherapy and occupational therapy appointments have meant he may be ready to return to work in the new year.

“I’m looking forward to putting my uniform back on,” said Michael.

“There are so many people I am grateful to for helping me on the day, and with my recovery.”

> RFDS Flight Nurse Caren Harrison, with patient Michael Beck and RFDS Pilot Mick Jess, reunited five months after the accident.



Change lives with a gift in your Will



88 years ago, the very first Royal Flying Doctor Service flight performed an emergency evacuation – made possible by a bequest from supporter Hugh McKay.

It's no different now – the RFDS relies heavily on donations and bequests to purchase and medically equip our aircraft – at a cost of \$10 million each.

Today, we assist 290,000 Australians each year through emergency aeromedical and essential health care services. Leave a legacy of hope for future generations.

Your bequest will help keep the Flying Doctor flying.

For more information

- > Call us on 07 3860 1100
- > Email us at bequests@rfdsqld.com.au
- > Visit our website www.flyingdoctor.org.au



A Lasting Legacy

Thanks to the generosity of a Queensland gentleman and his family, who wish to remain anonymous, his bequest has created a lasting legacy for generations to come.

In 2012, this gentleman left a heartfelt gift in his Will, allowing the Royal Flying Doctor Service to medically equip a Beechcraft King Air 200 aircraft for medical use.

Based in Cairns, the aircraft has already transported 791 patients over 600,000 kilometres since its introduction to the Royal Flying Doctor Service fleet in October 2014.

Upon his death, his family was united in honouring the gift, as specified in his Will, and the bequest was finalised in 2013.

"The work of the RFDS is admirable and inspirational, especially because of the peace of mind it brings to people living remote areas," a family representative said.

"The RFDS is not just an emergency service. It also delivers many GP clinics across Queensland and a range of other services including oral health and mental health."

Although the family has lived on rural properties in both England and Australia, they thankfully haven't ever needed the assistance of the Flying Doctor. However they are well aware of how important the Royal Flying Doctor Service is to the many Australians living hours away from medical care.

Ultimately, the decision to leave a gift in his will, was made by a man with a love of the land, who could appreciate, without any personal experience, the important service the Flying Doctor provides to so many people throughout Queensland and Australia.

... his family was united in honouring the gift, as specified in his Will.



A family of frequent flyers grateful for the Flying Doctor



Philip Hubbard, relaxing at home with his granddaughter, after heart surgery.

When Philip Hubbard felt a pain in his chest one Monday afternoon in July, his immediate thought was that it could be muscle strain after working all morning transporting cattle around Hughenden.

"I had a bit of a cold and I thought, maybe, I'd overdone it, but I needed to do some repairs to my daughter's horse float, as I just tried to ignore it," Philip said.

It wasn't until 7pm that evening, with the pain now radiating down his arm, that Phillip decided to go to the hospital.

"I still didn't think it was anything serious, I just thought I should get something for the pain from our local hospital which is only 1km away."

"When I jumped in the car the pain got a lot worse, and by the time I got to hospital, I really wasn't feeling great."

After some initial tests and a call to the Cardiac Specialist at the Townsville Base Hospital, Philip was told he was having a heart attack. The Flying Doctor was called to urgently fly him to the care he needed, 380km away in Townsville.

"The Flying Doctor crew were great, I was pretty nervous about what the future might hold for me, but Pilot Scotty was cracking jokes and kept me fairly relaxed during the flight."

"The Flight Nurse, Fiona, was very professional, she kept a close eye on my heart and made sure I was comfortable. I was in safe hands"

Once in Townville and in the care of a Cardiac Surgeon, the true extent of Philip's heart attack was revealed.

"The surgeon was pretty blunt and said I was lucky I'd made it this far. I had three blocked arteries, 95%, 90% and 85% blocked and I needed a triple bypass."

We're glad Mr Hubbard is doing well. It's nice to know we were able to help him and that he can look back at this time with positive thoughts, even though it was an unfortunate experience. We wish Mr Hubbard and his family all the best.

Flight Nurse Fiona McKerron and Pilot Scott Owens, RFDS Townsville Base.



ABOVE > Flight Nurse Fiona McKerron and Pilot Scott Owens, flew Philip to specialist care.

LEFT > The day after surgery, Philip was taken to the Cardiac Ward to recover.

Now recovering after surgery, back home in Hughenden, Philip's experience has changed his outlook on life.

"I'm so grateful that the Flying Doctor was able to fly me to a surgeon who was able to save my life. Without them I might not have been able to spend Christmas with my family."

"I feel like God has given me a second chance at life and I'm going to grasp it with both hands. I really appreciate each day more."

This is not the first time the Hubbard family have needed the help of the Flying Doctor.

"We are a family of frequent flyers and really understand the importance of the Service."

"Over the years my Dad, Mum, brother-in-law, daughter, grandson and two granddaughters have all been on board one of the RFDS planes," Philip said.

"I'm so grateful that they have been around to help my family when we needed them. Our family would look different without them," Philip said.



RETAIL

Ergon Energy Retail customers get up close to RFDS in Rockhampton and Townsville

The Royal Flying Doctor Service opened its doors in Rockhampton and Townsville before Christmas to say thank you to Ergon Energy Retail customers who have raised \$10million during the past 15 years.



LEFT > Bill Mellor, RFDS Chairman, with Roslyn Baker, Executive General Manager - Ergon Energy Retail and RFDS mascot "Flynn the Flyer".

Ergon Energy Retail began its partnership with the RFDS in 2000 and has been encouraging its customers to make donations along with their electricity bills ever since.

There were 127,415 customers (4,172 business and 123,243 residential) signed up to make donations when the \$10million milestone was reached in mid-November.

RIGHT > A free sausage sizzle was cooked by Ergon Energy Retail volunteers. MIDDLE > Community Open Days, in both Rockhampton and Townsville, were very popular with local Flying Doctor supporters. BELOW > Ergon Energy Retail employees in Townsville volunteered at the Open Day.



Ergon Energy Retail Executive General Manager Roslyn Baker said reaching the \$10million mark was both a proud and humbling experience.

"It really showed the connection regional Queenslanders have with the RFDS," Ms Baker said.

"I continue to be amazed by the commitment of Ergon Energy Retail employees who have played a part, over such a long period, to reach the \$10million milestone. Our customers are the real heroes in this and that's why we partnered with the RFDS to host open days at their bases in Rockhampton and Townsville to say thank you."

"It made sense to host the Open Days where Ergon Energy Retail has Customer Support Centres and the RFDS has aircraft based," Ms Baker said.

"It gave people a rare opportunity to meet the RFDS crew and hear about their lifesaving work as well as being able to see a Flying Doctor aircraft up close."

RFDS CEO Mr Nino di Marco said the RFDS greatly appreciated its strong and longstanding partnership with Ergon Energy Retail over the last fifteen years.

"The RFDS has a long tradition of providing quality health care and aeromedical services to rural and remote communities, and thanks to the generosity of Ergon Energy Retail's customers, we have reached this significant \$10million milestone," Mr Di Marco said.



Queensland Rugby League joins the team

Late last year, Queensland Rugby League (QRL) teamed up with the Flying Doctor as part of 'Get in the Game' Country Week, to support the RFDS.



During Round 23 of the *Intrust Super Cup*, QRL generously donated a percentage of gate takings to the Flying Doctor.

RFDS staff and volunteers joined QRL representatives at six games across regional Queensland, including Charters Towers, Bundaberg, Blackall, Dalby, Stanthorpe and Innisfail.

RFDS CEO Nino Di Marco said a significant part of the work of the Flying Doctor is focused on mental health and promoting better health and wellbeing in rural and remote communities.



RIGHT > The RFDS team with the simulator in Stanthorpe for QRL Country Week.

ABOVE > Hon Bob Katter MP joined RFDS representatives in Innisfail. LEFT > The QCoal Community Dental Service was in town at Blackall during QRL Country Week.

"Engaging with the Queensland Rugby League and promoting a healthy lifestyle, which includes sport, was a great way for us to achieve this," Di Marco said.

QRL head of football Neil Wharton said Country Week was one of the most important events on the QRL calendar.

"With the stature of 'Get in the Game' Country Week on the rise each year, the QRL has, this season, been able to broaden the round's reach through its support of the Royal Flying Doctor Service," Mr Wharton said.

"Rugby league and Royal Flying Doctor Service are always striving to reach out across Queensland and both have an important role to play in so many communities."

With the stature of 'Get in the Game' Country Week on the rise each year, the QRL has, this season, been able to broaden the round's reach through its support of the Royal Flying Doctor Service.





Looking back on the RFDS Wings for Life Gala Ball 2015



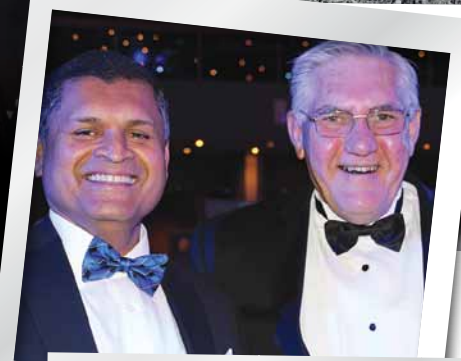
An RFDS Event
WINGS FOR LIFE
Come fly with me GALA BALL 2015

On Saturday the 8 August, 2015, the Royal Flying Doctor Service (Queensland Section) held its first inaugural RFDS 'Wings for Life' Gala Ball at the Brisbane Convention and Exhibition Centre. Donning their best, 675 guests from both the city and the bush were in attendance for a night of elegance. Guests were treated to a plethora of delicious food and wine options, exciting prizes, including a trip to New York with flights and five nights accommodation, as well as an array of auction items. In addition to this, guests enjoyed a performance from one of Australia's most popular and enduring acts, 'The Leading Men'.

Ultimately the evening proved to be a wonderful success, with \$130,000 in vital funds being raised to help the Flying Doctor continue to provide vital emergency assistance to rural and remote areas across Queensland.

The Royal Flying Doctor Service would like to thank all of its supporters who attended the Gala Ball. In addition, a special thanks to those partners who made the event possible through generous sponsorship.

If you missed out last year, it's time to dust off your dancing shoes with preparations already underway for this year's Gala Ball. The 2016 RFDS Wings for Life Gala Ball is an event not to be missed so save this date now – Saturday 27 August.



Diamond Partners

Platinum Partners



Save the date

RFDS Wings for Life 2016 Gala Ball

Date: Saturday, 27th August 2016
 Location: Royal International Convention Centre,
 600 Gregory Terrace, Bowen Hills, Brisbane, Queensland





Thanks to the generous support of QCoal Foundation, the Royal Flying Doctor Service dental team has been able to provide more than \$2 million in free dental treatment from a fully equipped state of the art surgery located in a mobile semi-trailer.

Since the service's commencement in 2013, the QCoal Community Dental Service has visited 14 remote and rural communities throughout central and western Queensland.

RFDS dentist, Dr Plessis van der Merwe, says many of the patients he sees often have little understanding of just how important dental health is.

"Some of the patients we're seeing are 50 years old and they have only been in a dental chair once or twice in their life, and that was generally when they were kids."

With dental care proving to be so poor in many of these communities, the role is a demanding one and on a daily basis, Dr van der Merwe has to make the decision whether to repair or extract teeth.

Although education has been identified as an issue, dental assistant Monique Slade acknowledges that access to health services in rural and remote communities also plays a significant role.

In addition to this she believes the expense of travelling and then seeing a dentist can be enough to move prospective dental appointments down the 'to do' list.

"In the rural communities there's a lot of graziers who and doing it really tough," she said.

"They're trying to keep cattle alive in the drought, whilst keeping the business and farm running, so they are putting themselves on the backburner.

"We've had patients who've actually extracted their own teeth with a pair of pliers, and done all sorts of damage, because they can't afford to travel to a dentist. The budget just doesn't stretch that far."

Fellow dental assistant Jo Conway finds the work she does through the QCoal Community Dental Service to be incredibly rewarding.

"A lot of the patients we see were previously living in pain because they couldn't afford to go to the dentist," she said.

"Then we come and take the pain away, fix up their teeth, and they aren't out of pocket which is such a relief to many... it brings tears to your eyes because they are just so appreciative of the service."

For more information call 1800 002 507 or visit <http://www.flyingdoctor.org.au/dental>

QCoal Community Dental Service

Oral health is important for more than just a bright smile. In fact, the condition of a person's mouth can be a reflection of overall health and even provide indicators of more serious illnesses.



ABOVE > RFDS Dentist Dr Plessis van der Merwe and Dental Assistant Monique Slade, form part of the QCoal Community Dental Service team. LEFT > The QCoal Community Dental Service team work hard to restore the damage to teeth caused by years of oral health neglect.



Royal Flying Doctor Service



KOKODA CHALLENGE

2016

Join us on the adventure of a lifetime.

Not for the faint-hearted, this truly is an incredible adventure. Imagine taking your first steps on the iconic Kokoda track knowing with every step you take, you have raised vital funds for the Royal Flying Doctor Service.

Fast facts

Dates: 5 - 15 November, 2016

Registration fee: \$770 (non-refundable)

Fundraising target: \$4,000 (excludes travel)

Travel quote: \$4,745* including taxes (depart Bris.)

Trip duration: 11 days

Challenge duration: 9 days

Join today! Phone 1300 905 188

www.inspiredadventures.com.au/events/rfds-kokoda-2016

Trek the legendary Kokoda Track > Retrace the footsteps of
Australian history > Help keep the 'Flying Doctor' flying



Thank you for your support

The Flying Doctor relies heavily on the generosity of the people of Queensland to ensure we can continue our lifesaving work. Thank you to all those who have donated, not only money, but also their time in organising various community events, which help to keep the Flying Doctor flying.



Charleville Challenge

On Friday 5 September last year, a truck carrying 52 tonnes of ammonium nitrate rolled on the Mitchell Highway and exploded. The Charleville Challenge is a new fundraising event to remember and honour those who were injured. The blast left eight people injured, including five emergency services officers.

One year has now passed and the Queensland Fire and Emergency Service officers and CrossFit Toowoomba joined forces to raise money for the RFDS in the Charleville Challenge. They completed 12 CrossFit style workouts over a 12-hour period. The day drew in many exercise enthusiasts and together they raised nearly \$1800 for the RFDS.

ABOVE > Participants in the CrossFit Charleville Challenge.



Nora's Ride 2015

Nora's Ride got underway shortly after dawn on Saturday 30 July, with dozens of participants and supporters beginning their trek to Birdsville. Riders pedalled about 900 kilometres and took nearly nine days to ride from a truck stop just outside of Charleville to the main street in Birdsville.

Nora's Ride is held in honour of Nora Castle, who passed away in 2010. In total, the ride raised an outstanding figure of \$18,500.

A special thank you to Clare Castles and everyone who supported the ride.

ABOVE > Nora's Ride 2015 participants and staff from RFDS Charleville Base.

Our thanks and gratitude go to the following community fundraisers

- > Combined Caravan Clubs QLD
- > Mitsubishi 4WD Club
- > Pine Rivers Ladies Bowls Club
- > Qupex Golf Inc.
- > Incitec Pivot
- > Mr Peter Wright
- > HMAS Diamantina
- > Australian Agricultural Co.
- > Griffith University Wings of Life
- > Oak Park Race Club
- > Queensland Country Women's Association
- > Townsville Combined Clubs Swap Meet
- > Jane Milward Busking in the Bush
- > Santa Gertrudis Breeders
- > Ladies Gala Cape York
- > Competitors in the Outback Air Race
- > Artesian Droughtmaster
- > Moreton Saleyards
- > Gardens of the Downs
- > TAFE Ashmore Campus Royal Ball
- > Robina Outpatients Department
- > Bundaberg Distilling Company





Mates on Mountain Bikes

Sixteen enthusiastic mountain bike riding mates pumped up their tyres, put on their lycra and challenged themselves to ride from Townsville to Port Douglas to raise awareness and funds for the RFDS.

The route was mainly dirt and hills, meaning the riders travelled 650kms over 11,000m of vertical climb.

After seven days of gruelling mountain biking, broken chains, changed tyres and sleeping in swags night after night, the team brought in a grand total of nearly \$16,000. What an outstanding achievement – well done to you all and thank you.



ABOVE > *The Mates on Mountain Bikes riders.*

> *The track did not make for smooth riding.*



> *Time to change the tyres.*



> *One of the many hills along the journey.*



Thank you for your support



Reedybrook Ashes 2015

The Reedybrook Ashes saw 12 teams from as far north as Weipa and as far south as Hughenden battle for the coveted Iron Trophy at the Gum Flat oval on the banks of the beautiful Burdekin River.

Cricket was not the only attraction at this action packed weekend. Raffles, cake stalls, catch the pig races, live music, camping, auctions, toad racing and fishing competitions were all on offer. A weekend full of entertainment, family fun and spending time with friends.

The very dedicated and passionate Raeleen Olditch is the woman behind this great yearly event and we wish to thank her and everyone involved in organising and attending this fantastic weekend. An impressive \$26,600 was raised for the RFDS.

ABOVE > Fun in the sun at Reedybrook

Lifesaving aeromedical equipment helping communities across Queensland

A heart felt thank you to the following philanthropic organisation for their support over the last six months:

- The Marian & E H Flack Trust for their support in purchasing a much needed Oxylog Ventilator.
- John Villers Trust for providing support for the Rockhampton RFDS team as in the wake of Cyclone Marcia.
- Gambling Community Benefit Fund for their continued support in providing RFDS aircraft with lifesaving medical equipment:
 1. Oxylog Ventilator for Rockhampton RFDS Base
 2. Propaq M critical care monitors for Townsville, Bundaberg and Charleville Bases
 3. Monitor Defibrillator for Brisbane and Mount Isa RFDS Bases
 4. Portable ECG for the North Queensland and Cairns communities.
- Julian Burton Burns Trust for their ongoing support of the RFDS in caring and treatment of burns patients around Queensland. With their generous support, two Buddy Lite Fluid warmers were purchased for Brisbane and Townsville aeromedical teams.
- Colliers Charitable Foundation for funding the purchase of four Buddy Lite fluid warmers.
- Humpty Dumpty Foundation for purchasing two Neopuffs for neonatal resuscitation.



Your donations help the Flying Doctor save lives

Yes, I want to help keep the Flying Doctor flying

- I would like to make a donation of \$ _____
Please debit as per my details below / a cheque is attached.
- I would like to make regular donations. Please send me information about the Wings regular giving program.
- I would like more information about making a bequest in my Will to the RFDS (QLD Section). Please send information to the address below.
- I have included the RFDS in my Will.

Name: _____

Address: _____

Ph: H) _____ M) _____

Email: _____

Birthday: ____ / ____ / ____

Type of card: MasterCard Visa American Express Diners Club

Credit card number _____

Signature: _____ Card expiry date: _____

Q-MAG16S



Royal Flying Doctor Service QUEENSLAND SECTION

Donations to the Royal Flying Doctor Service are tax deductible for income tax purposes.

Please complete and send this form to:

Reply Paid 64275
Royal Flying Doctor Service (Queensland Section)
Brisbane Airport QLD 4008

Phone: 07 3860 1100

Fax: 07 3860 1122

Email: donations@rfdsqld.com.au

Website: www.flyingdoctor.org.au

In accordance with the Privacy Act, the RFDS (QLD Section) will not disclose your personal information for reasons other than the primary purpose of the Service, to third parties without your consent. If you would like to access your personal information held by the Service, please contact the RFDS. You can request to have your details removed at any time from our mailing list.



"Mental Health through my eyes" 2015

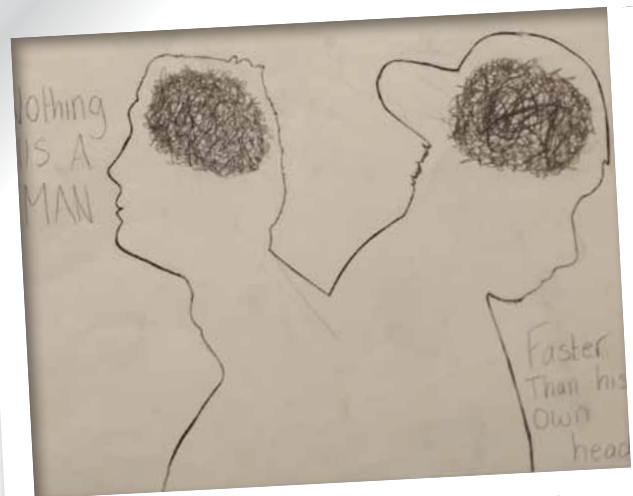
Each year during October, the Nation recognises Mental Health Week and the World Mental Health Day on 10 October. The goal of the week long mental health promotion is both to be conscious of protecting our good mental health and wellbeing, and also to encourage a reduction of the negative stigma surrounding mental ill-health.

This year **headspace** Cairns invited young people aged 12 to 25, to express their perceptions of what mental health means to them personally, via any visual art form. Its aim was to highlight some of the talent of our young people and to get them thinking and talking about the important subject of mental health. The competition, 'Mental Health Through My Eyes' was well received through out the community. We received some exceptional art works with important messages attached.

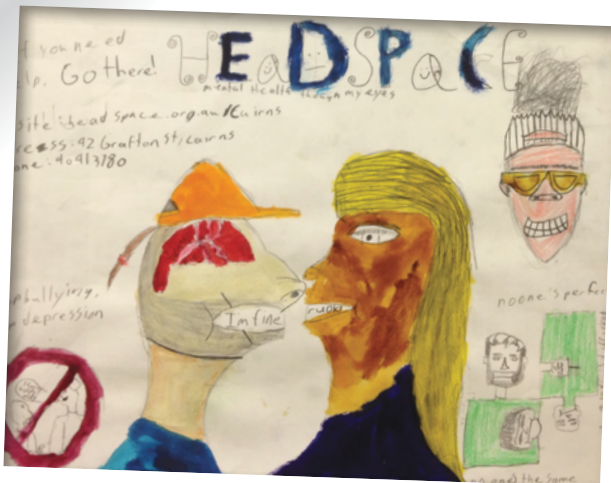
The Cairns public were encouraged to go along and vote on the art they like the best. The most votes receive the People's Choice Award, which was presented, along with the other winner's prizes, at the Official Presentation Evening which was held at **headspace** Cairns. The quality of entries received was extremely high and selecting a winner was not an easy task. Congratulations must be extended to this years winners; **Connor Cordes** and **Alexandra Rafail** (Peoples Choice), **Ava-Rose McIntosh** (12-17 years) and **Steven Williams** (18-25 years).



"My art is based upon my own struggles, the difficulty of sorting out the blur to reveal unique aspects of myself"
Racing to the End, Steven



"It is a big mess in my head and it is all confusing and you feel like everything is falling apart"
Faster than His Own Head, Ava-Rose



"No one's the same, every mind is different, no one's perfect."
headspace, Connor

The team at **headspace** Cairns would like to thank all the sponsors and acknowledge the amazing efforts of every young person who entered.

headspace Cairns

Level 2, 42 Grafton Street, Cairns, Queensland 4870
Phone > 07 4041 3780
email > info@headspacecairns.org.au
facebook > www.facebook.com/cairns.headspace

As lead agency of **headspace** Cairns the Royal Flying Doctor Service (Queensland Section) is assisting young people and their family to get the help they need for problems affecting wellbeing.

A year of celebration for Brisbane Airport Corporation & RFDS

This year the RFDS and Brisbane Airport Corporation (BAC) is celebrating six years of our partnership. During this time more than \$1.6 million has been raised – that's equivalent to the aeromedical fit out of one of our new Beechcraft 350C aircraft.

Amazingly, during our six year partnership, the RFDS aeromedical team has landed at Brisbane Airport more than 17,300 times carrying the most precious of cargo – sick children, patients who have had accidents, injuries, heart attacks, undergoing cancer treatment and burns, just to name a few.

This year also sees BAC celebrate 20 years since the International Terminal opened – the same period that RFDS has been based at Brisbane Airport.

Brisbane's International Terminal has recently undergone a \$45 million makeover.



The International Terminal's \$45 million makeover has been completed recently with The Hon. Warren Truss MP, Deputy Prime Minister and Minister for Infrastructure and Regional Development, describing it as the best terminal in Australia at the recent official opening. Amongst the many features international travellers can now stretch out on the expansive 'BNE Green' surrounded by palm trees and water features or take a seat on benches or cane-style chairs while waiting in the Departure Hall. The new look brings the outdoors in for a contemporary park and piazza vibe with plenty of chill-out spaces, exciting new food and drink options and a shopping 'High Street'.



There is a Play9 interactive kids zone offering free animated and interactive games that will keep little ones entertained for hours, if running around and doing cart-wheels on the BNE Green doesn't tucker them out before their long flight.

Foodies will also be delighted with the new menus on offer at the International Terminal, with an array of dishes inspired by and created with the best local produce sourced from South East Queensland growers and suppliers now being served.

Food and beverage options have been carefully sourced to reflect a variety of local meat, dairy, fruits, vegetables, eggs, craft beers, wines, breads, pastries, jams, condiments and deli items.

The RFDS would like to thank BAC for its ongoing, lifesaving support and congratulates the BAC team on the new Brisbane International terminal. Quite simply, there's nothing like it on offer at any airport in Australia.



Demetrios: our Lionheart

Demetrios was born too soon, too small, and too far away from the intensive care he needed to survive.

Imagine giving birth to the baby you've always longed for, only to realise that you may have to say goodbye.

This is the heartbreaking situation that Anastasia found herself in during December 2014, when her son, Demetrios, decided to arrive three months before he was due.

Demetrios had to be resuscitated three times during the first few minutes of his life. To make matters even worse, he was born 950km from the intensive care facilities at Townsville Hospital, which offered him his only chance of survival.

Thankfully, Demetrios's doctors called for the help of the Flying Doctor.

An aeromedical team was tasked and an aircraft loaded with the paediatric specialists and equipment needed to transport Demetrios safely to Townsville's Neonatal Intensive Care Unit. The flight took less than two hours – five times faster than the same journey by road.

As a result of that successful flight, Demetrios survived his first day on earth and a year on, he, his mum Anastasia, dad Chris and big brother Malachi just got to spend their first Christmas at home together.



Baby Demetrios having a well earned nap

To make matters even worse, he was born 950km from the intensive care facilities at Townsville Hospital.

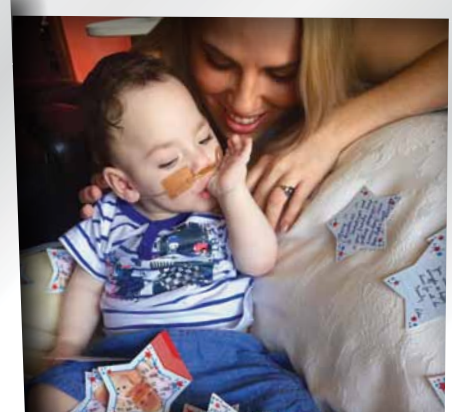
Demetrios had to be resuscitated three times during the first few minutes of his life.



Anastasia and baby Demetrios.



The Hanson family together after Demetrios was discharged from hospital



Anastasia and Demetrios with messages from Flying Doctor supporters.



Baby Demetrios was born three months early, 950km from intensive care. With help from people like you, the Flying Doctor flew him to the care he needed to survive. And now he is about to enjoy his first Christmas at home with his adoring mum Anastasia, dad Chris and big brother Malachi.

Thank you and Merry Christmas!

Thank you to everyone who donated to our recent Christmas Appeal. Your generosity will fund the pediatric equipment babies like Demetrios depend on.

Anastasia was amazed by your generosity: "Every beautiful baby deserves a chance, no matter where they are born. Thanks to the Flying Doctor and those amazing people who fund it, they'll get that chance."

You can follow Demetrios' story on Facebook: www.facebook.com/Demetrios-our-Lionheart-1386927911609094/



Keep the Flying Doctor flying

Buy a \$2 wall token today

We're raising funds to continue helping local families like the Hanson's

"Words can't explain how thankful I am to the Flying Doctor team"
Anastasia, Mount Isa
Baby Demetrios was emergency transferred from Mount Isa to Townsville, after being born prematurely at 26 weeks.

Anastasia and baby Demetrios, born prematurely at 26 weeks

Baby Demetrios having a well earned nap

The Hanson family together after Demetrios was discharged from hospital

Royal Flying Doctor Service QUEENSLAND SECTION

Woolworths

Admitted funds raised by Woolworths for RFDQ Queensland Section stores in Mount Isa and Cloncurry from 1st August 2015 and 1st October 2015 will be approved by RFDQ Queensland Section. Approval required at Woolworths. Please call 08 00 014 615. See also News 0152, 1300 707 698. For more information visit woolworths.com.au

Woolworths stores in North West Queensland supports locals.

During the month of September, Woolworths stores in Mount Isa and Cloncurry conducted in-store fundraising activities.

Throughout this period, a total of \$12,056.69 was raised in support of the Royal Flying Doctor Service in North West Queensland.

A portion of the proceeds have made it possible for the Flying Doctor Base in Mount Isa to purchase a vital vaccine refrigerator.

Ian Finlayson, General Manager – Fundraising and Marketing RFDS (Queensland Section), said that the RFDS was extremely grateful for the generous community support.

"The RFDS would like to extend a big thank you to the Woolworths teams and their customers for supporting the Flying Doctor," Mr Finlayson said.

"We look forward to an ongoing partnership with Woolworths in 2016."

"We'd also like to thank the local Rotary Clubs of Mount Isa, including South West Club, and Friends of John Flynn Place for manning the multiple community BBQs held during the campaign."

If your company is interested in supporting the RFDS through fundraising activities, please contact Lynda Inglis at partnerships@rfdsql.com.au.

Over 60 staff and family members from Woolworths attended an Open Day at the Mount Isa RFDS Base to see first hand the work of the RFDS in their town.

In attendance was local mum Anastasia and her son Demetrios, who shared their story and experience with the RFDS, following the premature birth of her son at only 25 weeks.



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TEXTRON AVIATION



Flying Doctor off and racing in Birdsville

Each September, the tiny Queensland town of Birdsville transforms into a bustling hub for locals and tourists alike, as thousands descend on the town to attend the iconic Birdsville Races.

For the RFDS, the Birdsville Races is particularly special, with a number of activities raising money to keep the Flying Doctor flying.

This year, the event raised an impressive \$60,000 for the RFDS exceeding totals raised in previous years.

The 10,000 strong crowd travelled from all over Australia, stayed in tents and caravans sprawled across the outback town.

Held over two days, the event featured a jam-packed schedule of outback racing and live entertainment.



Visitors to the Birdsville Races raised a record amount for the RFDS.

The weekend event also included the RFDS Cocktail Party, RFDS Fun Run, Fashions on the Field, Fred Brophy's Boxing Troupe, Equine Fun Day, a variety of food vendors, a giant auction and much more.

Great entertainment, class horse racing and premium hospitality made for a fantastic week in the heart of Australia's outback.

A massive thank you to everyone who contributed to the success of this year's event.

A special mention to...

the following supporters for their help, dedication and outstanding efforts at the Birdsville Races:

Over the Birdsville Race weekend, the following groups tackled the heat, wind, dust and crowds to raise funds for the RFDS. **Thank you** to:

Rotary e-Club Next Gen

For the third year in a row, approximately 20 Rotarians volunteered their time to transport, set-up, prepare and cook delicious breakfast rolls, steak sandwiches and sell drinks and RFDS merchandise to the very hungry crowds. They worked tirelessly and gave their all.



Kangaroo Bus Lines

The continued support of Kangaroo Bus Lines allowed thousands of punters to be safely shuttled to and from the races each day.



ABOVE > Rotarians cooking up a storm at Birdsville.
BELOW LEFT > Big smiles collecting donations as visitors hop on the bus.

The Birdsville Pub

The outstanding efforts of the Birdsville Pub helped to keep patrons not only well hydrated, but also entertained with all of the racing activities and live entertainment.

Nowlans Wood Fired Pizza

For those of you who had one, you'll know they are delicious! Nick and his family fed many hungry people at Birdsville whilst raising \$500 for the RFDS.

Longreach Masonic Lodge donation to brighten smiles

The Longreach Masonic Lodge has helped bring a smile to the faces of Central West Queenslanders, thanks to a generous \$74,000 donation to the Flying Doctor.



The donation will allow the QCoal Community Dental Service to spend a dedicated two weeks in the Central West communities of Blackall and Jundah.

Mr Blair Davedson, Worshipful Master of Meteor Lodge Longreach, said the Lodge was delighted to donate these funds to the RFDS, which delivers the QCoal Community Dental Service, to directly benefit the Central West region and provide quality dental care to over 200 locals.

“The RFDS has a long-established reputation in Longreach and the broader Central West region, of providing quality health care, mental health and wellbeing services and more recently, quality oral health services,” Mr Davedson said.

Lauren Jesberg, State Services Manager for the RFDS (Queensland Section) said the QCoal Community Dental Service was established to bring vital oral health care to people in rural and remote communities.

🗨️ **The Lodge was delighted to donate these funds to the RFDS, which delivers the QCoal Community Dental Service, to directly benefit the Central West region and provide quality dental care to over 200 locals.** 🗨️

“While the RFDS is fortunate to have QCoal Foundation as our major funder of the Service, generous donations like this from the Longreach Meteor Lodge will allow the QCoal Community Dental Service to target communities in need and expand the life of the service,” Ms Jesberg said.

Chris Wallin, Managing Director, QCoal Foundation also welcomed the donation commenting that the donation demonstrates the value local communities place on the Service.

“Together, the Flying Doctor and QCoal Group will continue to look at ways to enhance the service and partner with Government and local organisations to ensure people living in rural and remote Queensland have access to the same level of oral health care as their metropolitan counterparts,” Mr Wallin said.

The QCoal Community Dental Service welcomes donations from local groups to allow the service to continue to meet the needs of patients across Queensland.

ABOVE > RFDS Clinical Counsellor Marilyn Hatcher accepts the cheque from Worshipful Master of Meteor Lodge Longreach, Blair Davedson.



ABOVE > (l-r) Worshipful Brother Ted Stuhmke, Worshipful Brother Alf Pearce, RFDS Base Manager Gail Hills and Worshipful Brother Robert Anderson.

Kennedy Masonic Lodge supporting the Flying Doctor in Townsville

Earlier this year, the Flying Doctor was the lucky beneficiary of a \$10,000 donation by the Kennedy Masonic Lodge No. 11 UGLQ. The funds will allow the RFDS to purchase vital equipment for a new Townsville aircraft.

Gail Hills, Base Manager, RFDS Townsville, joined the Lodge members at their Installation dinner in July to accept the donation.

“Sharing stories with the Lodge members and their families, and learning about the Lodge’s history while sharing a meal, was wonderful,” Ms Hills said.

“After the formalities of the evening were concluded, Worshipful Brother Robert Anderson presented a cheque for \$10,000,” Ms Hills said.

The Kennedy Masonic Lodge are long-time supporters of the RFDS, and the walls of the Lodge are lined with certificates of appreciation from the Flying Doctor.

The organisation raised the funds by collecting aluminum cans and batteries. Their fundraising efforts stretch far and wide, with supporters as far South as the Sunshine Coast and as far West as Central Queensland taking part.

Loved one returns home

Not all those who are flown by the Flying Doctor need help because of an accident or emergency. Every year the Flying Doctor flies just over 80 patients home on repatriation flights after receiving specialist care in a tertiary hospital.

Ruth Walmsley is one such patient. After spinal surgery in September last year Ruth was facing a long and painful car ride home.

"It would have taken my husband and I at least eight hours to drive home, taking regular breaks, as I was still recovering from surgery. I was still very weak and could not have sat comfortably for that length of journey. It would have been very painful" Ruth said.

"If the Flying Doctor hadn't been available to fly me home, I would have ended up staying in hospital a lot longer, needing more time, and taking up a bed that could have been used by someone else who needed help," Ruth said.

After spending seven days in Brisbane recovering from surgery, Ruth was flown to Bundaberg late one night.

"I am so grateful for the care I received on-board and how the Nurse helped

manage my pain," Ruth recalled.

"It was a very quick, smooth flight and it was wonderful to know I was being flown home to be closer to family and friends."

Jillian Thurlow, RFDS Flight Nurse, Bundaberg Base, looked after Ruth on her flight home.

"It was a pleasure to care for Ruth, I was glad I was able to assist her and make her comfortable during the flight," Jill recalls.

Ruth is now at home and pleased to report after years suffering from back and referred pain, she is now feeling a lot better.

"I still have a long way to go and attend regular physiotherapy appointments but am thrilled with how the surgery went and how I am recovering," Ruth said.



> Ruth and husband Eric enjoy being back at home together, after Ruth's surgery.



Georgetown gems take a joy ride

An RFDS trip to Georgetown has brought joy to local students, giving them the chance to take a ride in an RFDS aircraft.

Students from the Little Gems Children's Centre in Georgetown, a small town located 400km west of Cairns, were treated to a ride in an aircraft by RFDS staff.

The students were shown around the Cessna Caravan aircraft, before jumping inside for a drive along the air-strip.

It was very exciting for the students and for some, it was their first time in an aircraft.

The RFDS makes weekly trips to Georgetown, bringing with it a range of services including dentists, social workers, female GPs and women's health nurses.

The experience brought smiles to the children's faces, and taught them more about the organisation that is so important to rural Queenslanders.



ABOVE > Students at Little Gems Children's Centre were treated to a quick drive along the air-strip.

Rockhampton Christmas Parade

On Thursday 12 November RFDS Rockhampton staff helped spread Christmas cheer by taking part in the annual Rockhampton Christmas Parade

Community groups, organisations and businesses entered Christmas themed floats into the parade, which took place along Musgrave Street in Rockhampton's centre.

The RFDS 'Outback' themed float featured a replica Flying Doctor aircraft taking off from an outback runway.

Local children dressed up with slings and bandages to signify the work of the Flying Doctor in providing medical care to those in remote areas of the country.

The evening concluded with a free concert to welcome Santa.



> "RFDS Rockhampton staff helped spread Christmas cheer."



Charleville community embracing local GP clinic

The RFDS, Charleville Health Clinic, has recently celebrated its second anniversary and Tessa Lappin Griffiths, Practice Manager, is pleased with how the community has embraced the new clinic.

"Since opening the clinic doors in 2013 we have treated over 1,700 patients with more than 16,000 appointments booked," Tessa said.

A new venture for the RFDS, the Clinic operates as a private, independent practice with patients claiming rebates through Medicare.

"The Clinic initially had one full-time GP, a Practice Manager, Nurse and access to allied health professionals, but we have also welcomed an additional GP who works one day per week and a full-time dietician," said Tessa.

Dietician Stephanie Breitzkreutz, the latest member to join the Clinic, is familiar with the Charleville community having lived in town for almost three years.

> Dietician Stephanie Breitzkreutz

"I grew up in Roma and then moved to the Gold Coast to study a Bachelor of Public Health, majoring in Nutrition and a Masters of Nutrition and Dietetics, but it wasn't long before I headed back out west," she said.

Stephanie has a particular interest in the area of food intolerances and non-diet approaches to weight management, which the community has embraced.

"It's great to see the wider community responding positively to the services we are providing in town," Stephanie said.

Tessa Lappin Griffiths believes the Clinic's staff are committed to finding new ways to support, not only those living in Charleville, but the surrounding communities.

"We are constantly looking for ways to better meet the community's health needs, whether that be through improving access to allied health professionals or providing the latest information in chronic disease prevention," Tessa said.

What's on

50 Faces of the RFDS

The 50 Faces of the RFDS is a fundraising flight around Australia to be undertaken by young pilot, Andy Farrow. The project will raise money and awareness about the work undertaken by the Royal Flying Doctor Service.

The flight will take place in 2016, and along the way, events such as open days, gala nights and charity auctions will be held. Most importantly, Andy will be meeting 50 people, ranging from staff to volunteers to patients, and sharing their stories about the RFDS.

You can follow '50 Faces of the RFDS' on social media. For more information, please email Andy on andy@50facesrfd.com.au

RFDS Kokoda Challenge

The Royal Flying Doctor Service Kokoda Challenge 2016, you will be raising vital funds to help keep the Flying Doctor flying.

On this incredible adventure, you will walk in the footsteps of our heroic diggers on the historic Kokoda Track, trekking 96 kilometres of rugged mountain terrain, tropical rainforest and unspoiled villages.

This truly is a once in a lifetime adventure. With every step you take, you will raise vital funds to help the RFDS reach the furthest corners and provide the finest care to those in remote and rural Australia who need it most.

Kilkivan Cooking Festival

If you're heading away for a holiday, why not meet in Kilkivan Caravan park for their inaugural cooking festival in October? Bush tucker, campfire feast and exotic flavours will all be on the menu.

18th Australian Cotton Conference

The 18th Australian Cotton Conference will be held on the Gold Coast from August 2-4, 2016 and will generously support the RFDS. The Australian Cotton Conference is not only a platform for the cotton industry to exchange knowledge, but also an opportunity to network with peers, friends and their families in a social setting. RFDS staff will be there doing health checks, talking to people and selling merchandise, so come along and find out what this fascinating industry has to offer in the future.

For more information, please visit: australiancottonconference.com.au

Birdsville 2016

Tick an item off your bucket list and head on out to the iconic Birdsville Races. Join the thousands of people for a weekend of sun, dust, food, music and racing like you've never seen it, all whilst helping the RFDS raise vital funds.

For more information please visit: birdsvillerraces.com

RideWest 2016

Whether you are a corporate organisation looking to give back to the community in an effective and tangible way, a small business with a charitable focus, a cyclist who loves a challenge or one of the many people across Australia touched by the work of the RFDS, there are a number of ways you can get involved in the RideWest 2016. Cycle from Brisbane to Longreach covering 1200km over 7 days.

For further details please email: ridewest@ridewest.com.au or visit the website: ridewest.com.au

2016 Outback Car Trek

The 27th Flying Doctor Outback Car Trek will be conducted over 7 days. The 2016 Trek will leave from Narrabri in NSW on the morning of Sunday 5 June and will travel to Port Douglas in Far North Queensland, arriving on the afternoon of Saturday 11 June.

It's easy to become a Trekker. You can enter in your own car, or you can form a team and enter a car with a couple of your mates.

For information regarding what's involved and how you can participate, ring Bill Patrick on 0418 626 799 or visit outbackcartrek.com.au.

Join a Volunteer Auxiliary

Our Auxiliaries are volunteer committees in the community who work tirelessly to raise funds (and have fun) for the RFDS.

For more information on joining one of our 10 auxiliaries, please contact Janine Gardner on 07 3852 7594 jgardner@rfdsqld.com.au

Like more information?

For more information about these events visit: flyingdoctor.org.au/qld/events



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This newsletter is produced by the Marketing and Fundraising Department of the RFDS in Queensland.

If you do not wish to receive future editions of this newsletter, please contact the RFDS on 07 3860 1100 or email: rfd_bne@rfdsqld.com.au

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