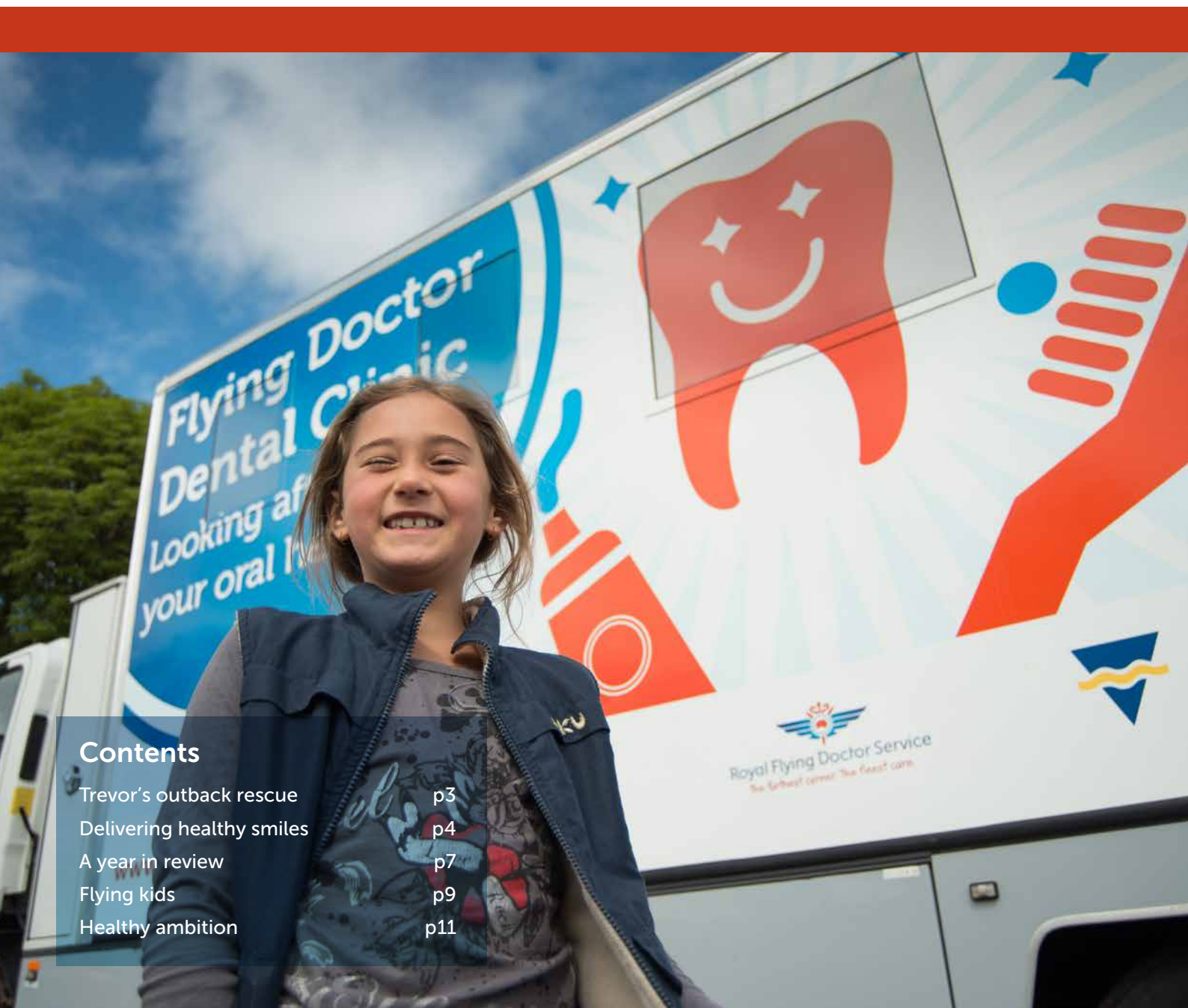




Royal Flying Doctor Service

# Going the Distance

VICTORIA >



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## Chief Executive's message



**Happy New Year from all of us at RFDS Victoria.**

**I do hope you and your family had a safe and happy festive season.**

We proudly worked over the Christmas and New Year period to ensure the health and safety of Australians. We could only do this because of you. Thank you for supporting us, particularly with generous donations after I wrote to you about little Demetrios. His family and all of us here at the RFDS were humbled by your kind response.

The response to the Flying Doctor Christmas catalogue was also fantastic, with many of you purchasing Flying Doctor gifts for friends and family. I too purchased some tea towels and they were well received. Many of you also gave generously to the RFDS in lieu of Christmas gifts. Thank you. Every bit of support goes a long way to ensuring we can be there for those that need us.

As a charity we are reliant upon the generous support of our donors. In 2016 you allowed us to reach more people across Victoria and all of Australia than ever before. People like Elvina, who we met with our Flying Doctor Dental Clinic in Wedderburn last September. You can read more about her on pages 4 and 5.

This time last year I told you about the commencement of our contract with Ambulance Victoria and I am proud to say we are now the largest contracted provider to Ambulance Victoria for Non-Emergency Patient Transport. We have taken up more low and medium acuity emergency caseloads, allowing Ambulance Victoria to concentrate on their emergency call outs.

In November we were acknowledged by the Governor General and his wife Lady Cosgrove when they visited our Sale base. Serving as the coordination hub for the state-wide RFDS Non-Emergency Patient Transport operations, His Excellency praised the work of RFDS in delivering quality patient care.

We were pleased with his endorsement as we continue to strive for the highest quality patient care in all areas of our service.

What a year it was too with a range of events. We enjoyed catching up with many of you at the AGM Forum and John Flynn luncheon, also back in November. You can see some highlights on page 7. Coming up soon is our Morning Melodies with Marina Prior. It would be great to see you there and if you haven't already completed a booking form, you will find one on page 6. I welcome your friends and family too. Of course, we have a range of exciting events throughout this year, as you can see by the snapshot on the back of this newsletter.

No doubt 2017 will be another productive year as with your help, we continue to ensure that those living in the country can enjoy the same health outcomes as those living in the city.

Please enjoy reading your edition of *Going the Distance* with the knowledge that your support means so much to so many.

Thank you.

**Scott Chapman**

Chief Executive  
RFDS Victoria

Going the Distance is the official fundraising newsletter of the Royal Flying Doctor Service Victoria.

This newsletter is produced three times a year to provide information and give acknowledgement to our supporters across the state.

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Royal Flying Doctor Service  
VICTORIA



Cover: Seven year-old Amelia Rose shows her smile, following a check-up with the Flying Doctor Dental Clinic in Wedderburn.

## Trevor's outback rescue



**"I owe my life to the Royal Flying Doctors," says Trevor Turner.**

Melbourne based man Trevor Turner was working in the Northern Territory when he suffered a stroke and required help by the Flying Doctor.

"I took very, very sick and I was rescued by the Flying Doctor" says Trevor Turner.

Whilst on shift at Ayers Rock Resort, Trevor wasn't feeling well and decided to take a break.

"It was about 11.30pm on a Friday when my manager said 'Trev, you don't look good.'"

Trevor had suffered a stroke and required urgent evacuation to Alice Springs.

"I had no idea what was happening to me. I heard; 'We've got to get you to Alice Springs very urgently Trev.' The Flying Doctor is going to take you there."

"I couldn't comprehend what was going on but I knew I was in the good care of the Flying Doctor."

"They monitored me during the flight, from Ayers Rock Resort to Alice Springs."

"They were outstanding. They do a really hard job and they do it well."

"I was in the hospital for six weeks."

"What really blew me out of the park was that the Flying Doctor staff came to see how I was doing in hospital."

Trevor says he is a proud Aboriginal man, born and bred in Redfern, Sydney.

Now among the 19 Indigenous patients transported by RFDS every day, Trevor is an example of the RFDS Indigenous aeromedical retrieval data that shows heart attacks or stroke as the second most common reason for aeromedical retrieval, with 14.3% of all Indigenous aeromedical retrievals.

Thanks to the support of generous Australians, RFDS is working to improve health outcomes for Indigenous Australians.

You can read our report '*Providing Aeromedical care to Remote Indigenous Communities*' at [www.flyingdoctor.org.au/vic/indigenoushealth](http://www.flyingdoctor.org.au/vic/indigenoushealth)



## Unique support for the Doc

**Awarded the 2016 Outstanding Contribution Award at the John Flynn Luncheon held last November, Peter Gunn AM and Rae Gunn were recognised for their unique and specialised support.**

Following many years of support, since 2010 Peter and Rae have helped the RFDS overcome various logistical challenges. They have provided a facility to house the RFDS Aeromedical Simulator, along with access to a 15m shipping container. The Gunn's have also gone the extra mile, fitting the container with lighting, running water and electricity, allowing maintenance of the simulator.



RFDS Chief Executive Scott Chapman congratulates Peter and Rae Gunn on receiving the 2016 Outstanding Contribution Award.



## Dick Smith donates to the Flying Doctor

Dick Smith recently sold his Cessna Citation CJ3 aircraft donating \$100,000 from the sale to the RFDS. The generous gift will support improvements to the safety of night operations at remote aerodromes.

As part of the sale, funds were distributed throughout the aviation industry and other important social causes within Australia and overseas.

# Delivering healthy smiles to country Victoria



Recently the Flying Doctor Dental Clinic visited the rural community of Wedderburn. The town doesn't have its own dentist and the closest is 50km away in Boort. Having prioritised dental care as a much needed service for the community, the town's Development Association was looking for a solution. They had previously recruited a dentist from Melbourne to operate from the local hospital but this arrangement was unsuccessful.

In a twist of fate, the President of the Development Association Greg Deimos, passed the Flying Doctor Dental Clinic when he was travelling to Melbourne.

He wrote down the phone number from the side of the truck and called RFDS Victoria and arranged for the Flying Doctor Dental Truck to visit Wedderburn.

It wasn't long before the truck was parked at the local community centre, plugged into a 3-phase power source enabling the treatment of 40 patients in two weeks.

Wedderburn resident Elvina Heath, exited the truck following her treatment with a large grin, despite having to have several extractions. With a unique and challenging case, she was very happy to see a dentist close to home.

Unfortunately Elvina hasn't been able to access a dentist for a long time, unable to leave home as she is a full-time carer for her husband who has motor neurone disease. Elvina had been having much pain and discomfort but seeing the Flying Doctor dentist provided Elvina the relief she needed, close to home.

"If the Flying Doctor Dental Clinic didn't come to Wedderburn, I wouldn't have seen a dentist," says Elvina.

Most of us know that good oral health is fundamental to our overall health and wellbeing. Alternatively, poor oral health is linked to infections and chronic disease and can have a significant impact on both health and quality of life. Oral disease is largely preventable through access and regular visits to a dentist, however, people living and working in rural and remote areas are disproportionately affected by problems associated with poor oral health.


Left: The Flying Doctor Dental Clinic in Wedderburn.

Left inset: RFDS Vic Dentist John Carol with Dental Assistant Steffi Cowell treating a patient.

Right: Greg Deimos, President of the Wedderburn Development Association, says that access to oral health services are a priority for his community.

Below: Elvina Heath smiles after receiving treatment in the back of a truck – the Flying Doctor Dental Clinic.



Since moving here I haven't been able to see a dentist, so I was so grateful the Flying Doctor came. 

Wedderburn resident,  
Elvina Heath.

This is often due to difficulty accessing dental care, including the need to travel a significant distance to reach public dental clinics, and a lack of private dentists.

To deliver oral health services to rural communities, Royal Flying Doctor Service Victoria proudly takes its Flying Doctor Dental Clinic to communities like Wedderburn.

As part of the Mobile Dental Care program, screening, oral health promotion and treatment services are provided in rural locations throughout Victoria.

In collaboration with Dental Health Services Victoria (DHSV) and Australian Dental Association Victorian Branch (ADAVB), a team of volunteer dentists and dental students conduct screening and oral health promotion for approximately one week per month, visiting schools, kindergartens and residential aged care facilities.

Towns that are more than 50km from the nearest public dental service are prioritised. Following screenings, a purpose-built dental truck, the Flying Doctor Dental Clinic, visits the town, along with a dentist and dental assistant.

Whether in the city or the country, everyone deserves access to quality health care. Thanks to your support, the Flying Doctor will continue to go the distance, delivering healthy smiles across the state.

# Don't miss this special Flying Doctors event >



Royal Flying Doctor Service

RFDS Victoria at Morning Melodies with

# Marina Prior

You are invited to an exciting RFDS event featuring Marina Prior, following a special light lunch for friends of the Flying Doctor.



**Date:** Monday 6 March 2017

**Time:** 12 noon – 2.30 pm  
*Light lunch, followed by a matinee performance*

**Venue:** Arts Centre Melbourne  
100 St Kilda Road  
Melbourne

**Cost:** \$75  
*Special event tickets are only available through RFDS Victoria*

**RSVP:** Bookings strictly close  
Monday 10 February,  
unless sold out prior

We warmly invite you, as a friend of RFDS Victoria, to join us for a performance featuring Marina Prior.

After rising to stardom as Christine in The Phantom of the Opera, Marina Prior has performed over twenty leading roles in productions including Cats, Les Misérables, West Side Story, Guys & Dolls, Mary Poppins and The Sound of Music.

Named one of Australia's top 100 Entertainers of the Century, you will see Marina as never before in an intimate performance, sharing music and memories from her career.

Marina will be accompanied on piano by the multitalented David Cameron and a string ensemble as she takes you on a musical

journey from the 70s and 80s folk-pop songs of her busking days through to her favourite musical theatre classics.

Before the performance you will enjoy a special RFDS light lunch in a private dining room.

This is your chance to see first class entertainment and support the work of the RFDS, while sharing time with friends of the Flying Doctor.

The Arts Centre Melbourne is easily accessed by public transport, and parking will be offered at an early bird flat rate of \$16. Detailed event information will be provided with a letter confirming your ticket purchase.

**Places are limited, so book now!**

Please fill in the booking and payment form below, or for further information, please contact RFDS Victoria on (03) 8412 0400.

Name: .....

Phone no. .... Donor No. ....

Address: .....

**YES! I'd like to attend RFDS Victoria at Morning Melodies.**

I/We look forward to the event and will require:  
.....ticket/s at \$75 per ticket \$ .....

**OR**

I/We are unable to attend but wish to make a tax deductible donation of: \$ .....

Enclosed is my cheque payable to RFDS Victoria

Or  Visa  MasterCard  AMEX

Name on card: .....

Card Number:

Expiry:  /  Signature: .....

**Guest name:** ..... **Dietary requirements (if any):**

1. ....

2. ....

Do you or your guests have any mobility issues we should be aware of?

.....

**Please return with your payment to:**

**Royal Flying Doctor Service Victoria**

PO Box 7027, Richmond VIC 3121

T 03 8412 0400 E [events@rfdsvic.com.au](mailto:events@rfdsvic.com.au) > [www.flyingdoctor.org.au](http://www.flyingdoctor.org.au)

# Friends and familiar faces, for a year in review

## Supporters, staff and volunteers came together last November for the Annual General Meeting Forum and John Flynn Luncheon.

Gathering at the RACV Club in Melbourne, 250 guests including staff, volunteers and supporters celebrated the birthday of RFDS Founder John Flynn and reviewed the significant achievements of the organisation for 2016.

The AGM Forum included presentations from fundraisers, health and corporate partners, sharing passionate stories about their commitment to RFDS and a healthier Victoria.

The luncheon saw guest speaker Natalie Barr, host of Channel Seven's Sunrise, share career highlights, tied in with two personal RFDS rescue stories.

The Bernice Jenkins Volunteer Award was presented to Dave Collins, recognising his dedication and incredible contributions. Dave has been volunteering since 2011, attending the Richmond office every Friday from the Dandenong Ranges. Congratulations to Dave and well done to everyone involved in a successful day.



Clockwise from top left: Chair Denis Henry, Sunrise Presenter Natalie Barr and Chief Executive Scott Chapman; Ted Perton speaks at AGM Forum about his fundraising efforts; Friends of the Flying Doctor with RFDS Public Affairs Manager, Annette Allison. Natalie's speech inspires laughter; Friends congratulate Dave Collins on receiving the Bernice Jenkins Volunteer Award.

## Spreading Christmas cheer

Last December RFDS Victoria was proud to be a part of Variety's 30th Christmas party.

Each year the Variety Christmas party brings together 5,000 children from across Victoria plus an additional 3,000 carers, family members and over 400 volunteers on the day.

The Flying Doctor simulator was the first and last stop for Ivy who, each year, makes a direct line to see the aircraft fuselage.

Thanks to you, we can share education and joy with many.

*Inset: RFDS Volunteer Ray Conway with Ivy and her Mum.*



## Best wishes for baby Demetrios

Thank you for your generous donations and messages for Demetrios and his family.

Along with his family, we have been delighted by the amazing goodwill received.

Many babies just like Demetrios will be helped because of your kindness.



# Proudly supporting the *Emergency Services Foundation*

*The Royal Flying Doctor Service Victoria is proud to announce its affiliation with the Emergency Services Foundation (ESF).*

The Foundation was established following the Ash Wednesday bush fires in 1983 and operates as a trust to provide immediate support for those who suffer hardship as a result of the death of a family member or injuries sustained in the line of duty.

In celebration of RFDS joining the ESF we are offering supporters the opportunity to purchase a collectible bear, Ashley.

As a tribute to Victoria's firefighters and emergency service workers, Ashley stands at an overall height of 45cm and is dressed in the Lancer-style uniform with double-breasted tunic, trousers and replica brass helmet. The belt is equipped with precise replicas of the fireman's axe and turn-key of the period. The tunic has one red collar and the other yellow recognising both the MFB & CFA at that time. The number "83" is embroidered on the tunic in memory of the Ash Wednesday bushfires.

**\$80**  
+ P & H.



You can purchase Ashley online at [www.esf.com.au/bear](http://www.esf.com.au/bear)

The ESF helps those who help the community.





## Outback Tour 2017



Above: The Outback Tour last visited Western Australia in 2014, taking in stunning sunsets.  
Right: Friends of the Flying Doctor with RFDS Public Affairs Manager, Annette Allison OAM.

This year the RFDS Outback Tour will take us to the Goldfields of Western Australia, during wildflower season.

From October 9, we will visit RFDS bases at Jandakot and Kalgoorlie. We'll explore the Golden Mile and Super Pit, visit Wave Rock and see the spectacular Great Southern visiting Esperance and Albany. We will wind our way through the Valley of the Giants and visit magnificent Margaret River.

For further details and to request a brochure, please phone Annette Allison on 03 8412 0400.

## Kinder kids meet the Flying Doctor

Swooping in on children before Christmas, the Flying Doctor visited 100 schools in 2016 – more than 7500 students across Victoria.

One lucky school got an extra special visit as children's book author, George Ivanoff dropped by to read his new book 'Meet the Flying Doctors.'

"I had the great pleasure of meeting RFDS educator, Tom Ryan and sitting in on his session at Olympic Avenue Kindergarten in Cheltenham. He had the kids enthralled with his talk and pictures and then he took them out to the Aeromedical Simulator – a full-sized replica of an RFDS plane fuselage."

"The wide-eyed and excited kids got to climb aboard and see, first hand, how patients are looked after in the air," said George Ivanoff, children's book author.



George's new book was a popular purchase from the Flying Doctor Christmas catalogue, making for some happy kids last Christmas.

"One customer called to tell us he was buying *Meet the Flying Doctors* for his Grandson Flynn, so he could share the story of his namesake," said Marie Quirke, RFDS Victoria Fundraising Manager.

*Meet the Flying Doctors* is available for purchase at [rfdsvic.myshopify.com](http://rfdsvic.myshopify.com)



Top: George Ivanoff with the Aeromedical Simulator during a visit to Olympic Avenue Kindergarten.  
Above: 'Meet the Flying Doctors' by George Ivanoff.

## Running for the doc



Left: RFDS nurse Adele Goody with her life-saving carry on luggage. Above: Ellie Cameron-Krepp and Chris Brown excited to take to the pavement in their first run for the Flying Doctor.

The RFDS Ground Crew is a team of active supporters of the Flying Doctor and membership is open to anyone wanting to challenge themselves.

Chris Brown and Ellie Cameron-Krepp took part in the 5km run at the Melbourne Marathon, and Chris also ran 15km at the City2Sea. Together they have raised over \$1,900.

"I've always wanted to be involved in a fun run, but I've never had the motivation to actually do it. My boyfriend Chris is a pilot and so we have always admired RFDS, and thought now was as good a time as any to register for an event and support an important organisation at the same time."

"On the other hand, my sister is a nurse, and I have an equal amount of admiration for the insane hours, focus and compassion of those in the medical field, so it makes it all the more impressive that the team at RFDS combine the two!"

"If pilots, nurses and RFDS staff can accomplish such great things on a daily basis, I think I can probably get my act together and run 5.7km!"


Adele Goody is also part of the RFDS Ground Crew and ran in the City2Sea. She clocked up 15km and raised \$1,014.

"Working in Leonora, WA as a Remote Area Nurse allowed me to see the amazing work of, and need for the Royal Flying Doctor Service. With its vivid red dust and stunning blue skies, Australia calls for the sound of safety offered by an RFDS aircraft engine."

"I had first-hand experience with the RFDS when a man came to our small two-bed emergency department. He was pale, sweaty and short of breath. After testing, it was confirmed that he'd had a full blown heart attack. Following a quick phone call to the Flying Doctor, a plane was deployed from Kalgoorlie and the retrieval doctor and nurse were with us in the hour."

"The patient was provided medications and flown with the Flying Doctor."

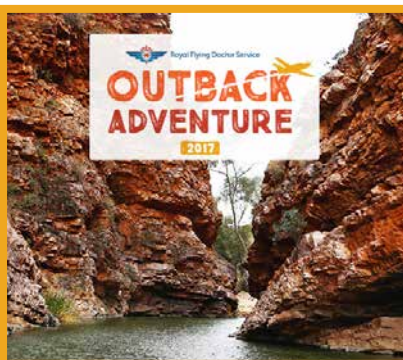


RFDS is a vital service not well known to city folk but with our fundraising and spreading the word, more people will survive like those I looked after in remote Australia. 

*Adele Goody, past Remote Area Nurse, WA*

RFDS Ground Crew will be taking part in Run Melbourne on 30 July 2017.

For more details visit: [www.groundcrew.org.au](http://www.groundcrew.org.au)



## VISIT THE RED CENTRE WITH RFDS IN 2017

<b>Dates:</b>	18 – 25 June 2017
<b>Registration fee:</b>	\$770 (non-refundable)
<b>Fundraising target:</b>	\$4,000 (excludes travel)
<b>Travel quote:</b>	\$2,750* (including taxes)
<b>Accommodation:</b>	Comfortable camping in swags and twin-share in 4-star hotels
<b>Minimum age:</b>	18 (younger ages considered on application)

Visit [www.inspiredadventures.com.au/events/RFDS-Larapinta-2017](http://www.inspiredadventures.com.au/events/RFDS-Larapinta-2017)

**INSPIRED**  
ADVENTURES

## Art gives rise to ambition

Winner of Monash Medical School's Paddle Prize, Nevin Walpola, recently attended the RFDS Rural Women's GP Service in Charlton.

The Paddle Prize is an art competition that encourages medical students to develop an artwork that fits in with the theme of Modern Indigenous Australia. This year, the prize for the winning student was an experience with RFDS Victoria health services.

Having completed his second year of medical school, Nevin was pleased to sit in on Dr Whitechurch's clinical session and attended the RWGPS Health Promotion night in Charlton on 15 November.

Nevin also experienced a Flying Doctor patient transport, travelling from Essendon to Wangaratta.



Above: Nevin Walpola's winning Paddle Prize artwork. Left: Winner of Monash Medical School's Paddle Prize, Nevin Walpola with RFDS Rural Women's GP Dr Whitechurch.

Completing his RFDS experience, Nevin will be attending appointments with Diabetes Telehealth.

Congratulations Nevin.

## RFDS voted 'Most Reputable Charity' six years in a row

The Royal Flying Doctor Service has once again been voted as Australia's most reputable charity on the AMR Charity Reputation Index.

Now holding the title six years in a row, we have been acknowledged nationally for this great success.

We are extremely pleased of the trust placed in us by Australians and proud that no matter where you are in country Australia, if you're injured or ill, you can depend on the Flying Doctor to help.

Thank you for your support!



## Kokoda trekkers back on home soil

Our brave Kokoda trekkers returned home after nine days and 96 kms, taking on the challenge in Papua New Guinea to raise funds for the Flying Doctor.

"There were amazing connections created," said Victorian trekker, Tanna.

Of 16 trekkers there were three from Victoria. They took on hot and humid days followed by cold nights, torrential rain and rugged landscape while knowing every step has helped raise vital funds for the Flying Doctor.



RFDS Kokoda Trekkers arrive home after adventure of a lifetime.

Although it was tough, Tanna said she would highly recommend the experience to everyone and that she was proud to support the Flying Doctor.

The trekkers raised more than \$100,000, developed new friendships and an appreciation for the Australian spirit.



**Join us at Federation Square and see the \$20 note come to life.**

Camels, planes and Flying Doctor founder John Flynn will step off the \$20 note and into Federation square on Friday 26th May, 2017 from 10am – 2pm.

- Enjoy a BBQ snag on a veranda
- Grab a selfie with a camel
- Sit inside the Flying Doctor simulator
- Hear stories of John Flynn
- Flick us a Flynn and help the Flying Doctor

Volunteers welcome to help us on the day.

**For more details contact us on 03 8412 0400.**

# Calendar of events 2017

We love spending time with our supporters and would like to see you at one of our events.

**RFDS at Avalon Airshow**

3 – 5 March, Avalon Airport, Geelong

**Morning Melodies with Marina Prior**

Monday 6 March, Arts Centre, Melbourne

**Flying Doctor Thanks Giving Church Service**

May, Scots Presbyterian Church

**Outback Tour**

October, Western Australia

**Going the Distance Dinner**

Thursday 17 August, Plaza Ballroom, Melbourne

**Outback Car Trek**

June, Griffith to Port Macquarie

**Flying Doctor Rowathon**

October, Wentworth

**Open Cockpit Day**

October, Moorabbin Airport

**AGM & John Flynn Luncheon**

November, Melbourne

For more information about any of our events, please call us on (03) 8412 0400.

Please cut here

## I would like to support the essential work of the Flying Doctor in 2017.

I authorise the Royal Flying Doctor Service to debit \$ ..... per month from my credit card below.

Or, please find enclosed my one-off donation of \$ .....

I would like to pay by:  Cheque  Money order  Credit Card

**Credit Card payment details:**

Visa  MasterCard  AMEX

Cardholder's name: .....

Card number:

Expiry:   /   Signature: .....

Please send me information about including the RFDS in my Will

I have already included a gift for the RFDS in my Will

**My details:**

Title: ..... Name: .....

Address: .....

Postcode: .....

Phone no. ....

Email: .....

**Donations \$2 and over are tax deductible and a receipt will be issued.**

**Please return with your payment to:**

**Royal Flying Doctor Service Victoria**  
 PO Box 7027, Richmond VIC 3121  
 T 03 8412 0400 F 03 9429 8311  
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 > [www.flyingdoctor.org.au](http://www.flyingdoctor.org.au)  
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Royal Flying Doctor Service