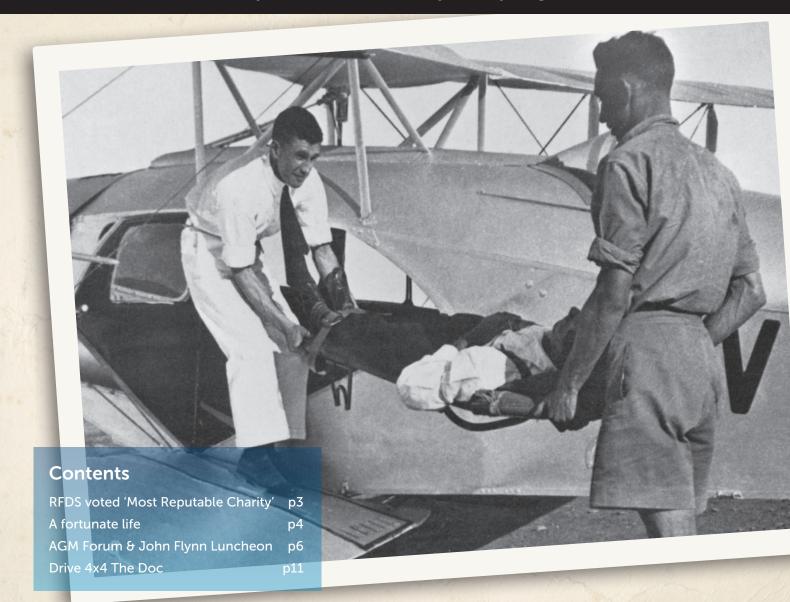


Going the Distance VICTORIA >

1928 – 2018 90 years of the Royal Flying Doctor Service



From the Chief Executive



90 Years of the Royal Flying Doctor Service 1928 — 2018

Welcome to the first edition of Going the Distance in our 90th year.

Thank you for being a part of our history, and our journey to continue John Flynn's vision to provide a 'mantle of safety to all Australians, regardless of distance'.

From the Central Victorian goldfields of Moliagul, John Flynn was a Victorian man with a vision to improve the health of our Outback communities. He deeply believed that everyone, no matter where they lived or worked, deserved the respect and dignity of quality medical care and he was unstoppable in developing a service that would provide that.

"If you start something worthwhile nothing can stop it", Reverend John Flynn.

From a single plane leased from Qantas, one doctor, and one pilot, the Royal Flying Doctor Service now has a fleet of 69 planes, 115 road service vehicles and more than 1,400 professionals delivering emergency medical and primary health services across the nation. We were needed back in 1928, and we are still needed now.

Of course it was a bequest from his long-time friend and supporter, HV McKay, which finally provided the necessary funds, and prompted officials to approve Flynn's scheme that would become the Royal Flying Doctor Service. With us every step of the way has been our valued community of supporters, donors, volunteers and sponsors.

It's because of YOU that we are here today. You enable us to deliver care throughout Victoria and across Australia. For that I want to thank you.

Thank you for being the force behind John Flynn's vision.

Our journey is far from over, and you will see in this edition of Going the Distance, just some of the hundreds of thousands of lives that are made better because of you.

In this memorable year, I warmly invite you to join us as we commemorate the legacy of John Flynn.

And as a special favour to the RFDS in our 90th year, if you are also celebrating your 90th birthday this year, I would like to hear from you. The office number is 03 8412 0400. We can celebrate together!!!

Thank you.

SHOW

Scott Chapman
Chief Executive
RFDS Victoria

1928 - 2018

It was in 1994 that the Reserve Bank of Australia honored the founder of the Royal Flying Doctor Service, the Reverend John Flynn (pictured below), by featuring him on the \$20 note.



Cover: Dr Cato and pilot loading a patient onto the Fox Moth 'Dunbar Hooper'. Wyndham base, 1935

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 acknowledgment to our supporters across the state.

Royal Flying Doctor Service Victoria

PO Box 7027, Richmond VIC 3121 T 03 8412 0400 F 03 9429 8311 E info@rfdsvic.com.au

> www.flyingdoctor.org.au





The 2016/17 RFDS Victoria Annual Report is now available. Call 03 8412 0400 to order your copy.











CELEBRATING OUR SUPPORTERS > Mrs. Lynette Cochrane

Mrs. Lynette Cochrane joined us at the AGM: Year in Achievement to accept a recognition award for her many years of support.

Mrs. Cochrane learned about the work of the RFDS many years ago, when she and her late husband visited Broken Hill and saw the School of the Air and RFDS base.

"That was where I learnt that the RFDS was involved in Victoria – until then I didn't realise each state had its own branch of RFDS. I heard so much about Mallee, Wimmera, East Gippsland, and it was from that that I became interested."

Mrs. Cochrane, who herself grew up in regional Victoria, says the work that RFDS does in regional and rural areas is what attracted her to the RFDS, as she has seen first-hand the disadvantages that distance can impose on communities in regional and rural Victoria.

Thank you for your support!



Mrs. Lynette Cochrane accepts a certificate from Chief Executive Scott Chapman at the 2017 AGM Forum: Year of Achievement.



In 2018 the RFDS 90TH ANNIVERSARY OUTBACK TOUR will visit some of Australia's most iconic sights, meeting the men and women who make this organisation unique.

The 14 day tour will begin in July, flying Qantas to the heart of Australia.

We will first be spending three days at Uluru exploring the fabled rock and learning of the Aboriginal culture. We visit Kata Juta, experience sunrise at Uluru and the award winning 'Sounds of Silence' dining under the stars. In Alice Springs we will visit the final resting place of the Reverend John Flynn, the founder of the RFDS, and the John Flynn Memorial Church and Alice Springs base of the Royal Flying Doctor Service.

After that it's on to Darwin, with an optional trip on The Ghan or fly directly to Australia's vibrant most northern city. We will then relax in tropical north QLD at Cairns before flying to Mt Isa for an exciting three days at one of the Royal Flying Doctor Service's busiest bases. We then travel to nearby Cloncurry, the location of the departure of the first flight on 17 May 1928 as we celebrate the 90th year anniversary.

This memorable tour will sell out quickly. To express your interest or request a brochure please contact RFDS Victoria on 8412 0400.

Come and join us for many exciting adventures and to celebrate the 90th anniversary of the Royal Flying Doctor Service.

RFDS voted 'Most Reputable Charity' seven 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. 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!



A fortunate life



Despite enduring a significant health scare, Paula's positive attitude enabled her to handle this experience with grace and relative ease.

After experiencing cloudy vision and floating black spots obscuring her sight, Gippsland-based grandmother Paula Lewington assumed that she had a cataract problem. Little did she know her eye was harbouring something more sinister. Paula's eye had been taken over by one of Australia's biggest killers: malignant melanoma.

When it was announced that the Royal Flying Doctor Service Mobile Eye Care Clinic was going to visit her hometown of Ensay, 73-year-old Paula, along with many other locals keen to get their vision checked made an appointment. From children who were struggling to read at school to adults whose vision was deteriorating with age, many people in Ensay were in desperate need of an eye check.

Like many other towns around Australia, there are significant barriers to accessing quality medical care in Ensay. Running since 2013, the Royal Flying Doctor Service Mobile Eye Care Program addresses this need by delivering free eye assessments, treatment and

outreach education to communities in Mallee, West Wimmera and East Gippsland, where Ensay is located.

Nestled snugly into surrounding hills, Ensay is one of many small towns dotted along the picturesque Great Alpine Road. Yet the 300 or so local residents pay a price for living in a community that's geographically isolated. Accessing medical services is often difficult in rural areas like Gippsland and Ensay is no exception.

As Health Services Manager at Royal Flying Doctor Service Victoria, Cassie Moore understands the barriers that make accessing health care challenging for communities like Ensay.

"Through consultation with rural community members, we have learnt that cost is a huge barrier for rural communities accessing health services. Due to limitations around public transport in these isolated locations, many have to make the choice between putting fuel in the car to travel to an appointment, or be able to afford food until they get paid next. For many, this means that they put off accessing health care," says Cassie.

While being able to see clearly for the first time in a long time is certainly a life-enhancing experience, in Paula's case her appointment with the Royal Flying Doctor Service Mobile Eye Care Clinic proved to be a lifesaver.

Having had several melanomas removed from her face in previous years, Paula knew that seeking treatment immediately was her only choice after her appointment with the optometrist at the mobile eye care clinic. Spotting the melanoma immediately, the optometrist gave Paula a grim diagnosis.

"I was advised to go to Melbourne straight away. At the Melbourne Eye and Ear Hospital I was told that the melanoma could be treated with radiation by inserting a disc just above the eye. It was quite large though, so after speaking to specialists the consensus was that it was best if the eye came out. There wasn't anything to gain by treating it the other way," says Paula.

Not wanting to risk the cancer metastasizing and moving to her brain, Paula had her eye surgically removed a week later.

Output

Description:

Despite enduring a significant health scare, Paula's positive attitude enabled her to handle this experience with grace and relative ease. "With my diagnosis there wasn't any shock or devastation. It was just a fact," says Paula. Taking the incident in her stride, Paula has adjusted to life with one eye very well. "The brain is a funny thing. It will adapt to a lot of different conditions. And that's what it did... it just adapted."



Paula attends a follow-up appointment with Ensay Bush Nurse Therese

Paula's pragmatic attitude got her through her surgery and recuperation period, and she believes that many people in rural communities share the same matter-of-fact attitude to life. Yet she's also aware that many rural dwellers put off making appointments and tending to their health.

Paula's advice to anyone ignoring a health issue is clear. Go and get it checked out straight away. Otherwise you run the risk of losing your eye or having half your bloody arm removed.

Bush nurses certainly have their work cut out for them when considering the complex range of conditions they treat on a daily basis, often without the equipment and resources many urban clinics have at their fingertips. It's for this reason that Bush Nurse Therese believes mobile clinics run by the Royal Flying Doctor Service are so important.

"These clinics are local, accessible and affordable... three things that are important to small rural communities," says Therese. "The community were really impressed that the mobile eye clinic picked it [Paula's melanoma] up. It was good for them to know that something insidious can be identified at these mobile clinics," says Therese.

"The community only have positive things to say about the Royal Flying Doctor Service. They are so well respected. Rural communities often feel like they miss out on a lot, so having the Flying Doctor team come in makes them feel like they aren't missing out."

Realising the gravity of her condition and what might have happened had she not accessed eye care when she did, Paula is very grateful her melanoma was spotted before it spread to her brain.

"I'm very lucky actually. Everyone up here was really chuffed with the Flying Doctor visit. It had a really good impact,"

I'm just happy that the RFDS had the clinic going just when I needed it. It's a great thing for them to do. I was very fortunate. I couldn't have asked for better care. It's tacked another couple of years onto my life, laughs Paula.

Thank you for joining us! AGM Forum: Year of Achievement and John Flynn Luncheon

On Wednesday 29 November over 400 people came together to attend our AGM: Year of Achievement or John Flynn Luncheon.

The AGM Forum: Year of Achievement is a chance to share our success and achievements for the past year, while the John Flynn Luncheon brings donors together in celebration of our founder, the Reverend John Flynn.

What our attendees had to say

"We come to the Luncheon every year, but we hadn't been to the AGM and thought we would come along and do something different." Evelyn



"We came to the AGM last year and found it interesting, so we're back again. It's nice to learn what's been happening in the past year, and what's likely to happen in the coming year."

Ray, attended with wife Ruth

"The John Flynn Luncheon is always very good, and they always have interesting guest speakers. We get a lot of information so that's why I come. It's always interesting hearing all that the RFDS has done."

Rosemary



"The AGM was really well done, and the clips were really good. It's very impressive the way the Royal Flying Doctor Service is expanding into areas of need. It's recognising things which aren't being covered by other services." Laurence

"I thought it was excellent." Olga



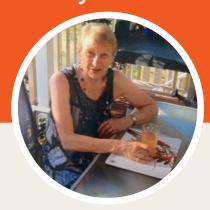
"The AGM Forum gives you a wide perspective of all the areas the Flying Doctor works in." Lois



"This is my second time and I've enjoyed it both times. I've enjoyed the whole venue, from the AGM down to the lunch, everything is very interesting."

Sharon (left), attended with Joy

Too late to say thank you



We recently received a bequest from Lorraine, a long-time donor and passionate supporter of the Royal Flying Doctor Service.

When she passed away Lorraine, pictured above, left a bequest to further a cause she believed in. Lorraine's bequest was a surprise to us – we had no idea she had included the Royal Flying Doctor Service in her Will.

Receiving a bequest is always a bitter-sweet moment, but in this case there was an additional element of sadness as it was too late for us to say "thank you", and let Lorraine know what her generosity means to the many people the Flying Doctor helps each year.

For us, not being able to discuss what she wanted us to do with the gift, or to be able to recognise her whilst she was alive, was an opportunity we were sad to miss.

If you have included the Royal Flying Doctor Service in your Will, please let us know! We would like to discuss with you how you would like us to use the gift, and most importantly, express our gratitude. We also invite you to become a member of the John Flynn Society and receive a small item of recognition.

If you have made an undeclared bequest or are thinking about making one, please contact Naomi Lehrer, Donor Relationship Manager, on 03 8412 0431 or email naomi.lehrer@rfdsvic.com.au

2017 Bernice Jenkins Volunteer Award - Fay Jones

John Flynn Luncheon 29 November 2017



One of the highlights of the John Flynn Luncheon is presenting the Bernice Jenkins Volunteer Award. The Bernice Jenkins Volunteer Award is named after one of the Flying Doctor's longest serving, inspirational and most influential volunteers, the late Bernice Jenkins who



received an Order of Australia medal for her services to charity.

We were delighted to present the 2017 award to long-time volunteer Fay Jones. Fay recently retired after being involved with the Flying Doctor for almost 20 years and exemplifies the qualities of dedication

L to R: Fay accepts her award from RFDS Victoria Chair Dennis Henry; Norma Jones, Rose Conway and Fay Jones at the John Flynn Luncheon.

this award strives to recognise and

Fay plays a key role within the fundraising team and has processed over 60,000 gifts and given more than 500 invaluable volunteer hours to the RFDS. Fay has also offered her assistance in promoting the RFDS at events and has performed the role of guest speaker to many community groups.

Congratulations and thank you Fay, we are very grateful to have your support!

Thank you volunteers!

RFDS Victoria is fortunate to have a strong community of volunteers who regularly contribute their time supporting the Flying Doctor. In December a number of our volunteers joined us for a 'Thank you Christmas party' at our Richmond office. Staff brought in baked or bought goods as a little way of saying 'Thank you!' to the many volunteers who are a part of the RFDS team.



Clockwise from top left: Bayside Auxiliary members Karen Russell and Rosalyn Lewis with Annette Allison OAM, Public Affairs Manager; volunteers Jim Pollard, Beryl Neill, and Christine Young; Marie Quirke, Fundraising Manager and volunteer Alexander Gillies.





Call for volunteers for exciting new RFDS service

RFDS is planning an exciting new community transport service for the Heathcote area. If you are interested in volunteering, have a full drivers licence and live in the Loddon Campaspe region we would love to hear from you.

information, please call Mat Tyler on 03 8412 0453 or email your contact details to volunteer@rfdsvic.com.au

1928 -- 2018 In its inaugural year, the Aerial Medical Service (which changed its name to the Flying Doctor Service in 1942 and the Royal Flying Doctor Service in 1955) flew 50 flights to 26 destinations and treated 225 patients. In 2016/17 36,933 patients were transported by air and 70,576 were transported by road.



Don't miss this special Flying Doctor event >





RFDS Victoria at Morning Melodies

Great Women of Steat Allower



Date

Monday 26 March 2018

Time

12 noon - 2:30pm

Light lunch, followed by a matinée 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 12 March, unless sold out prior. RFDS Victoria Morning Melodies returns in our 90th year to bring supporters of the Flying Doctor together to share a fabulous entertainment and social event.

Why not invite a friend along to join us and fellow supporters at the Melbourne Arts centre for a performance to celebrate the great women of jazz with singer Nina Ferro and her 16 piece ensemble, The Vixen Big Band.

Created exclusively for Morning Melodies, Nina will perform a soulful repertoire from some of the most revolutionary jazz artists of our time, featuring Billie Holiday, Sarah Vaughan, Ella Fitzgerald, Nancy Wilson and Peggy Lee.

Before the performance guests will enjoy a light lunch in a private dining room and the opportunity to celebrate our 90th year with fellow friends of the Flying Doctor.

The Arts Centre Melbourne is easily accessed by public transport, and parking is offered at an early bird flat rate of \$17. Detailed event information will be provided with a letter confirming your ticket purchase.

> Places are limited, get your friends together and book now!

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

Name:		Name on card:	
Phone no.	Donor No.	Card Number:	
Address:		Expiry: /	Signature:
		Guest name:	Dietary requirements (if any):
YES! I'd like to attend RFDS Victoria at		1.	
Morning Melodies. I/We look forward to the event and will require: ticket/s at \$75 per ticket \$		•••••	
		2.	
OR		Do you or your guests have any mobility issues we should be aware of?	
I/We are unable to atter	nd but wish to make a tax		
deductible donation of:	\$	Please return with you	ur payment to:
Enclosed is my cheque payable to RFDS Victoria		Royal Flying Doctor S	
		PO Box 7027, Richmond VIC 3121	
Or Visa MasterCard AMEX		T 03 8412 0400 E events@rfdsvic.com.au > www.flyingdoctor.org.au	

1928 - 2018

The first Flying Doctor pilot, Arthur Affleck, had no navigational aids, no radio and only a compass.

He navigated by landmarks such as fences, rivers, dirt roads and telegraph lines.

In 2016/17 our fleet of 69 aircraft flew 26.412.555 kilometers.



The plane 'Victory' with (L–H) pilot Arthur Affleck, Reverend Barber and Dr Spalding. Circa 1930



Flying Doctor glides into town

You will soon be seeing more of us! In 2018 RFDS support crew teams will be heading to different towns and communities across Victoria to spread the word about the vital work we do and fundraise for the Flying Doctor. If you see our team out and about, come over and say hi!



Matthew, RFDS support crew fundraiser.

One of our on the ground fundraisers, Matthew Gould tells us why he is excited to be fundraising on our behalf.

I've spent a lot of time over the past four and half years in rural and

remote Australia. From many conversations with Australians who live in these areas I have come to appreciate the importance of the work of the Flying Doctor. To me it is exciting to think that I will be able to help

these Australians get access to healthcare when it is critically needed.

As a graduated doctor, I can fully appreciate the importance of a medical service that works towards equal access for all.

When fundraising, the highlight of my day is the connections I'm fortunate enough to make with people who stop and have a chat with me. Recently I was invited round for dinner with a long serving retired pilot from the Flying Doctor. He had some amazing stories to tell, including his around the world flight with the new RFDS planes from the USA to Australia.

Generally, we get a very positive response from the public each day. Occasionally, people are concerned that we may be salespeople who may not be passionate about the charities we represent but, speaking for myself, the reason I work as a fundraiser is to allow charities I am passionate about to have the funds to make a real and significant positive impact. This means inspiring people to support these causes long-term, which I feel is only possible if I myself am passionate the cause I am representing.

Junior pilots soar at the Variety Kids Christmas Party





We were delighted to be a part of the 2017 Variety Children's Christmas Party in December, and to see so many smiling faces through the RFDS aeromedical simulator.

Clockwise from right: Two newly minted junior pilots; RFDS staff and Variety volunteers, volunteers Rose and Ray Conway; Heather and Sammie Kasa returned to volunteer with us for a second year in a row.





Flying Doctor Telehealth adds more specialties

RFDS Victoria has partnered with Dr Gunvant Patel, a Melbourne based psychiatrist to provide much needed mental health services to those in regional and rural Victoria.

Following the success of the Flying Doctor telehealth endocrinology program, we are now offering Respiratory, Cardiology, Psychiatry and Psychology Telehealth services as well.

For patients, having to take extended periods of time away from work and family to travel to appointments in Melbourne can be a big concern.

RFDS Victoria has been providing Telehealth specialist services since November 2013. Using our secure videoconferencing platform, the Flying Doctor Telehealth service connects rural GPs and patients with specialists in Melbourne.



Dr Gunvant Patel

We look forward to sharing more exciting news on the expanded service with you soon.

90 Years Commemorative Merchandise

Share in our proud history when you purchase 90 Years of the Royal Flying Doctor Service commemorative merchandise.

You can purchase Flying Doctor merchandise at www.rfdsvic.myshopify.com or call us on 03 8412 0400 to place an order or receive a catalogue in the post.



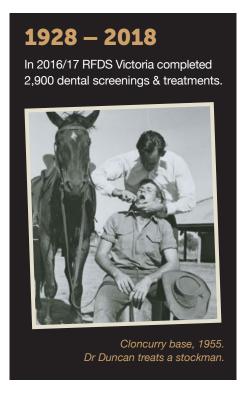
RFDS Victoria represents at the 'Successes and Failures in Telehealth' Conference



Jocelyn Syme, RFDS Telehealth Program Coordinator, recently represented RFDS Victoria at the 17th 'Successes and Failures in Telehealth' Conference in Brisbane.

Jocelyn presented a poster at the conference about the expanded Flying Doctor Telehealth Service.

"The conference was a great opportunity to connect with other telehealth professionals and share how Flying Doctor Telehealth is becoming more accessible for all Australians."



Friends having fun while fundraising

Not even rain could dampen spirits on the 2017 Drive 4x4 The Doc

Across four days in November, a group of 35 Flying Doctor supporters took part in the 2017 Drive 4x4 The Doc.

Travelling throughout Victoria's High Country, participants explored Marysville, Beechworth, Corryong, Rutherglen and Echuca.

With 16 vehicles, the group cruised along dirt roads before stopping in rural communities where they learned more about RFDS services, such as the Rural Women's GP service in Corryong.

"It's really a great experience. We're already planning to do the next one and have recruited some friends to join us," says Gwenda Shaw.

"Peter and I like Outback travel and Drive for the Doc takes all the hard work out of it. The planning is done. We just grab our car and meet up with the group."

Gwenda knows first-hand how the Flying Doctor helps, having been flown to Derby from Kununurra after a serious fall while travelling in the Kimberley.

"The pilot and nurse who assisted me were fabulous. They kept a check of me the whole journey and the nurse even visited me a few days after taking me to hospital in Derby," says Gwenda.

Drive 4x4 The Doc participants raised more than \$40,000 to support Flying Doctor programs.





Above: Drive 4x4 The Doc Group participants in Echuca before farewelling one another until the next event.
Below: Gwenda Shaw shares why she passionately supports the Flying Doctor;
Bottom left – Not even the rain can dampen the fun, as our 'toss the toilet seat' competitors proved.





www.drive4x4thedoc.com.au

Thank you to the Flying Doctor Rowathon

Many thanks are offered to those who took to the water on Saturday 6 October for the 2017 Flying Doctor Rowathon.

Rowing 20, 40, 60 or 82km in one day on the Murray & Darling Rivers, participants raised an amazing \$44,500 for RFDS mental health programs.

On behalf of rowers, Bob Symons proudly presented a cheque to RFDS Victoria Chief Executive Scott Chapman.



Bob Symons proudly presented a cheque to RFDS Victoria Chief Executive Scott Chapman.

Calendar of events 2018

Our 90th year will be one to remember, and we want to spend it with you! We warmly invite you to join us in celebration at one, or many, of our events throughout 2018.

February 24 and 25RFDS Simulator at Berwick Show

March 26 Morning Melodies Melbourne Arts Centre

AprilHost a Flying Doctor BBQ

May

Flying Doctor Thanks Giving Church Service Scots Presbyterian Church, Melbourne

July 29 Ground Crew at Run Melbourne

Join us for a special 90 years of RFDS celebration

We love meeting our supporters! In our 90th year we will be hosting a series of local celebrations and we would love to see you there! Call 03 8412 0400 to find out more information.

Join us at:

Ballarat > Thursday 22 February, 2018

Mildura > Thursday 12 April, 2018

Hawthorn > Friday 20 April, 2018

Sale > Wednesday 27 June, 2018



Mrs Duncan, pilot, Dr Duncan and Rev Belcher in Burketown, 1955

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



Host a Flying Doctor BBQ

Organise a fundraiser with your mates during April and raise funds to keep the Flying Doctor Flying!

To register your event or find out more information go to our website.

Let us know if you too are celebrating a 90th this year!



We are commemorating 90 years of service this year and would like to celebrate with our supporters.

Please contact us on (03) 8412 0400 if you would like to be involved.

Please cut here

I would like to support the essential work of the Flying Doctor in 2018

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
E info@rfdsvic.com.au
> www.flyingdoctor.org.au

ABN 71 004 196 230



