



Royal Flying Doctor Service
QUEENSLAND SECTION

Your

Flying Doctor

SUMMER 2025

Healing Horizons

Your impact stretches
across Queensland's
vast skies



PRECIOUS MINUTES
HOW YOUR SUPPORT
SAVES LIVES WHEN
EVERY SECOND COUNTS.

FLYING FURTHER
YOUR SUPPORT POWERS
OUR NEXT CENTURY
OF CARE.

FUTURE FLIGHT
NEW RFDS BASES
TRANSFORMING
OUTBACK CARE.



Breaking ground on a new Mount Isa Base.

Another year of life-saving excellence

thanks to you

It has been a wonderful year for the Royal Flying Doctor Service (Queensland Section) as we move closer to our centenary.

It is a great time to reflect on the incredible progress we've made together and the impact we continue to have across Queensland.

In recent months, we've proudly celebrated the 60th anniversary of our Mount Isa Base, broken ground on the new Brisbane Aeromedical Hub and Mount Isa Base, and

reached a major milestone with our 20,000th dental patient treated through the RFDS Dental Service. On average, our dedicated crews are delivering 225 occasions of care every day, ensuring essential healthcare reaches even the most remote corners of our state.

These achievements are only possible thanks to your unwavering support. Your commitment allows us to continually enhance our services, innovate in

healthcare delivery, and deliver on our mission of connecting regional, rural and remote communities to the finest healthcare and aeromedical services.

Being at the forefront of innovation continues to drive us as an organisation. We proudly opened the Aeromedical Training Academy in Bundaberg in October, which is home to the only Beechcraft King Air Pro Line Fusion Full-Flight Simulator in Australia. There are several other transformative projects also underway, each aimed at further strengthening our capacity to deliver life-saving care.

Our people remain at the heart of what we do and I encourage you to explore this edition of the *Flying Doctor Magazine* to learn more about their extraordinary work and experiences.

I sincerely thank you for your continued contribution to ensuring we keep the Flying Doctor flying. With your support, we can ensure the RFDS remains a vital lifeline for those in regional, rural and remote Queensland into the future.

Warmest regards,

Meredith Staib
Chief Executive Officer
RFDS (Queensland Section)

FORGING THE Anzac Trail

In the sunbaked landscapes of southern Queensland, a unique project is lifting off, intertwining the legacy of the Royal Flying Doctor Service with Australia's rich military heritage.



Kylee 'Gidgee' Tindale-Smith

At the heart of this endeavour is Kylee 'Gidgee' Tindale-Smith, a talented metal artist and passionate RFDS ambassador from the tiny outback town of Morven in Southern Queensland.

Kylee is crafting an Anzac Trail, a series of metal artworks stretching from Morven to Quilpie, celebrating the often-overlooked connection between the RFDS and Australia's wartime history. *"Many people don't realise the war connection that got the RFDS started,"* Kylee explains, referring to the vision of Lieutenant Clifford Peel, a young pilot and medical student who proposed using aircraft for outback medical care in a 1917 letter to Reverend John Flynn.

For Kylee, the RFDS holds deep personal significance. Her father, Jim Currie, was the first patient airlifted from

Urandangi to Cloncurry as a young man.

"We heard Dad's story a hundred times over the years," Kylee recalls warmly. *"Each time, he expressed his immense gratitude to the RFDS."*

The Anzac Trail is more than just a series of artworks. It's a testament to the enduring spirit of service that defines both the RFDS and Australia's military tradition. In Quilpie, where Kylee lived for 22 years, she has already created poppies and a slouch hat for a remembrance garden, noting the town's exceptional Anzac service.

Through her 'Unwind with Wire' creative mental health workshops, she opens vital conversations about rural mental health and connects participants with RFDS services.

"My passion for advocating for the RFDS and rural

***mental health services has grown alongside my business,"* Kylee shares.**

As the Anzac Trail takes shape, it stands as a powerful reminder of the RFDS's rich history and its continued importance in rural and remote communities. For supporters of the Flying Doctor, it underscores the impact of your generosity – ensuring that the legacy of care initiated by visionaries like Flynn and Peel continues to thrive.

Thank you

Your unwavering dedication to healthcare helps write the next chapter in this enduring story of compassion and care.

FROM CITY SUIT TO AN *Outback Emergency*

It's a long way from Brisbane's Eagle Street to a remote cattle station in Outback Queensland. For corporate executive Luke, that distance became even more significant when an afternoon mustering turned into an emergency that showed just how vital your support of the Flying Doctor can be.



After 15 years behind a desk analysing spreadsheets and attending meetings, Luke craved a taste of outback adventure. A chance to help muster cattle on a family member's station seemed like the perfect escape.

"The drive from Brisbane took more than 15 hours, with the final five hours on rough dirt roads," Luke recalls. "The property is hundreds of thousands of acres, and truly remote, a scale that is difficult to comprehend."

The first three days were everything he'd hoped for – the vast blue skies, the rhythm of station life, and the thrill of learning new skills.

But on day four, everything changed in an instant. *"While I was on horseback, something scared my horse," Luke says. "I was thrown forward and crashed into the dirt."*

Disoriented and in severe pain, Luke found himself in urgent need of the service your support keeps in the air. The station team sprang into action, clearing and grading the runway while calling for the Flying Doctor. Thanks to your generosity, our aeromedical crew was soon landing on the remote airstrip, ready to provide the expert care Luke desperately needed.

Under the watchful eye of our skilled medical team,



Luke receiving medical attention from the Flying Doctor.



Luke was stabilised and flown to receive specialised treatment. The impact of his fall was severe: *"I had eight breaks and fractures in my face and jaw,"* he shares. Back in Brisbane, surgeons worked to use five plates on his jaw and cheekbone.

Today, Luke has a new appreciation for the service you help provide to remote Queensland communities. *"It is truly remarkable how they can deliver critical care to such an isolated area,"* he reflects. *"Living in Brisbane, it's easy to forget just how vital these services are."*

Your ongoing support ensures that whether it's a station worker, a tourist, or a corporate executive trying something new, the Flying Doctor is ready to respond at a moment's notice. As for Luke's future outback adventures? *"They say when you fall off a horse the best thing to do is get back on, but that's not for me,"* he laughs. *"For now, I think I'll leave my RM Williams in Eagle Street."*

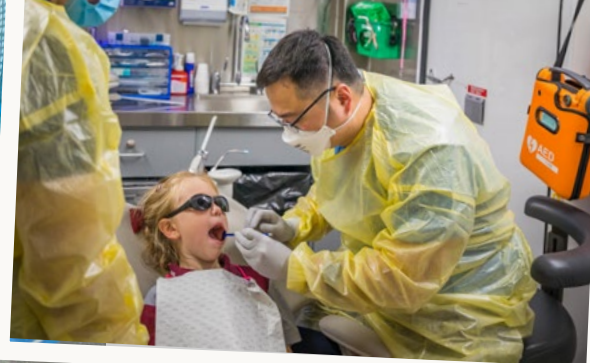
Luke's wife Sandy and son Jack participated in last year's Oceans to Outback challenge, raising funds to help RFDS deliver life-saving care to patients like Luke.

Your generosity

keeps the Flying Doctor ready to respond at a moment's notice, no matter where help is needed.



Inset: George with his colleagues.
Right: George providing dental
care to a young patient.



It's all smiles

ACROSS OUR GREAT STATE, THANKS TO YOU!

As Principal Dentist for the RFDS (Queensland Section), George Chen and his team bring vital dental care to the outback. It's a far cry from his city practice, but for George, it's the adventure of a lifetime.

The RFDS Dental Service's mobile dental unit is a marvel of modern healthcare: two fully equipped surgeries on wheels, offering free care to those who need it most across regional, rural and remote Queensland. *"The oral health access in remote communities is quite limited,"* George explains, noting that this often leads to more tooth extractions. But the RFDS Dental Service team is changing that, one smile at a time.

Prevention is key, so George and his team don't just treat – they teach. ***"We promote consistent and effective oral healthcare practices" he says, helping patients maintain their dental health between visits.***

Sometimes, the biggest challenge is fear. George recalls a nervous patient, sharing how the team took time to familiarise her with the dental environment. By explaining every step, they were able to perform necessary fillings without

resorting to invasive treatments.

The team's impact goes beyond teeth, building lasting relationships with the communities they serve.

"Recently, I saw a patient I treated last year," George shares warmly. She returned with joyful news of a wedding and a dream job – a life on the up.

Operating on a two-week rotation, the mobile unit ensures regular care for communities that might otherwise go without.

For many, it's their only chance to see a dentist. Looking ahead, George remains passionate about meeting new people and continuing to visit outback communities. The RFDS dental team's commitment is unwavering as they bring smiles and essential dental care to remote, rural and regional Queenslanders.

Your support

helps keep our dental team on the road.

RFDS Dental Service Founding Partners



Scan the QR code
to learn more
about the RFDS
Dental Service.



Outback artistry

PAINTS YOUR IMPACT

A stunning artwork has been unveiled, capturing the heart of the Flying Doctor's mission.

Created by talented teen artist Wudarabin Snider, the piece brings the RFDS values to life through vibrant Indigenous symbolism.

Titled "Lores", this colourful creation tells a powerful story of commitment and care. Wudarabin's brush strokes weave together traditional elements with the modern-day work of the Flying Doctor.

"The firesticks represent mutual care and respect," Wudarabin explains. In her culture, these were used to signal goodwill when entering neighboring lands. This echoes the RFDS's dedication to serving all communities with respect.

Safety and quality shine through in the form of large shields, drawing a parallel to the RFDS's commitment to excellence in care.

Community spirit comes alive with clapsticks and huts. These symbols represent collaboration and transparency – hallmarks of the RFDS approach.

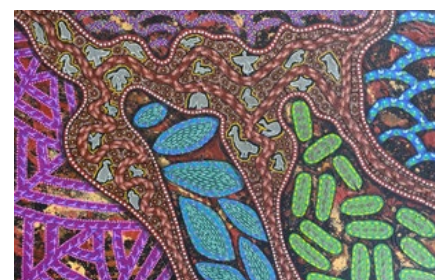
Boomerangs in the artwork symbolise the Flying Doctor's commitment to ensuring the kind donations we receive are used effectively. *"A person has to be very sharp and clear to be able to throw a boomerang and make it return,"* Wudarabin notes, mirroring the Flying Doctor's skilled management of resources.

Soaring birds represent the pride and passion of RFDS staff. They fly high, just like the iconic aircraft that crisscross the Queensland skies.

Wudarabin's personal connection shines through in the surrounding dot art. *"The white dots represent my bubu (country), Laura and the ancient cave art,"* she shares, intertwining her heritage with the RFDS story.

This isn't Wudarabin's first collaboration with RFDS. Her talent is also featured on our RFDS uniform!

Wudarabin's art bridges cultures, celebrates shared values, and reminds us of the deep connection between the Flying Doctor and the communities we serve.



'Lores' by Wudarabin Snider



Wudarabin with her father and sisters. From left: Marika, Wudarabin, Nash, Nyurin, Violet and Ilyaree

We feel privileged to be able to engage with First Nations artists to enjoy and share the artwork they create. Scan the QR code to watch Wudarabin's story and the inspiration behind her artwork.





The airstrip Oscar maintained, Proa Station.

OSCAR AIDED HIS OWN RESCUE: **now he's on a mission** TO HELP SAVE THOUSANDS MORE

After meticulously maintaining an airstrip on a remote Queensland cattle station, Oscar never expected his efforts would help save his own life.

After decades of hard work, Townsville local Oscar Brown felt it was finally time to retire and pursue some outdoor adventures.

Oscar and his wife Lecia enjoyed a year of caravanning across Australia. Then an exciting opportunity

came their way; to become temporary caretakers of Proa Station, 650 km west of Townsville. There, they'd be managing 17,000 acres, 1,000 head of cattle and eight ponds of red claw crayfish. Additionally, they'd maintain an airstrip there, ensuring emergency access was available for nearby farms. This is just one of many remote airstrips that RFDS lands on across Queensland.

One morning, Oscar had just returned from his farm work to enjoy a cuppa with Lecia on the balcony when disaster struck. *"The world's*

starting to spin," he told her. Promptly, Lecia laid Oscar down. It was fortunate that, as a former police officer, she knew first aid. **Proa Station was also equipped with an RFDS medical chest stocked with life-saving medical supplies, thanks to your kind support.** Lecia immediately called the Flying Doctor, and was told by an RFDS doctor, *"Put tablet six from the medical chest under his tongue"*.

At times, it's remarkable how our own efforts can be transformed into moments of hope. In this case, it was Oscar's diligent

maintenance of the airstrip that meant the RFDS could land safely to reach him swiftly with life-saving care.

Oscar can't remember what happened next, but Lecia will never forget. Somehow, she lifted her barely conscious husband into a 4WD buggy to drive him to the airstrip. The Flying Doctor's aeromedical crew touched down soon after and flew Oscar to Townsville Hospital. Oscar says, ***"I wouldn't be here today if it wasn't for them."***

Lecia recalls, *"The pilot told me when they arrived that the airstrip was so well maintained. The crew also said I was very calm. I replied, 'That's because I'm an ex-police officer!'"*

Once Oscar reached the hospital, doctors discovered a hole in Oscar's heart which had caused the stroke. Shockingly, tests also revealed Oscar had prostate cancer. Over the next year, he underwent intensive radiation treatment to save his life all over again. In Oscar's understated way, he says, *"It was a hectic time"*.



Left: Oscar Brown, RFDS Support Crew member.

"I now understand how vital my monthly gift is – not just because of my own experience, but also due to the many illnesses and injuries that occur in regional and rural areas," he says. "We need to provide more support for the Flying Doctor; they do a magnificent job and are truly essential. I believe this is the most important donation I can make."

Like many who will come to depend on the RFDS, Oscar thought a remote health crisis could "never happen to him". He now knows first-hand how dire the consequences could have been without the RFDS.

This has inspired Oscar to become a regular monthly supporter to the Flying Doctor – joining the life-saving Support Crew.

**REGULAR
DONATIONS
FROM KIND,
CARING
PEOPLE LIKE YOU
SAVE LIVES**



We warmly invite you to join our Support Crew with a recurring donation to sustain our flying intensive care units. Choose your amount and frequency; we handle the rest. Make a remarkable difference today – and every day!



The aircraft that delivered life-saving care to Oscar.



Architectural rendering of the new Mount Isa Base.

YOU'RE HELPING US BUILD a better tomorrow

In a landmark moment for healthcare in Queensland, construction has begun on two state-of-the-art facilities that will transform how the Flying Doctor delivers care across the state.



Artist's impression of the new RFDS Mount Isa Base.



BRISBANE CBD

DOMESTIC TERMINAL

AEROMEDICAL PRECINCT

Aerial view showing the planned Brisbane Aeromedical Precinct location.

Thanks to your unwavering support, we've officially broken ground on both our new Mount Isa Base and Brisbane Aeromedical Hub.

The new Mount Isa facility, a joint venture with LifeFlight, represents a major leap forward for aeromedical services in Queensland's heartland. This upgraded base will serve communities from the Gulf of Carpentaria in the north to Bedourie in the south, covering an area nearly the size of New South Wales.

The new base will have a dedicated ambulance bay, patient transfer facilities and administration space, meaning our Mount Isa team will be located at the one base.

With three hangars for RFDS aircraft and dedicated engineering space, we think this new facility will provide a significant improvement in patient care across the growing north-western region.

Meanwhile, in Brisbane, construction has commenced



Architectural rendering of the new Brisbane Aeromedical Hub.

on our new base, which will serve as the gateway to Queensland's major hospital and health services.

This facility will feature a world-class Operations Control Centre, further optimising the deployment of our aeromedical teams and aircraft.

The Brisbane Aeromedical Hub couldn't come at a more crucial time. As Queensland's

population grows, so do the demands on the Flying Doctor. Our current Brisbane facility has served us well since 1998 but increasing patient numbers and operational complexity require a modern solution.

Both bases represent your commitment to ensuring all Queenslanders have access to world-class healthcare, regardless of where they live.



Breaking ground on the Brisbane Aeromedical Precinct.

From Mount Isa's dedicated ambulance bays and patient transfer facilities to Brisbane's cutting-edge Operational Control Centre, these new facilities will enhance our capability to serve communities across the state.



Mount Isa
Base



Scan the QR codes to take a virtual fly over each of the planned new bases!

Brisbane
Aeromedical
Precinct



Thank you

for helping us build a stronger foundation for the future of aeromedical care.

Note, these are concepts only and the final constructions may look slightly different.

RFDS SIMULATOR PROGRAM

Soaring in 2024

The Flying Doctor's aeromedical simulator is bringing outback healthcare to life across Queensland. Now in its second year, this full replica of the King Air B200 has visited 26 schools from Morven to Mount Isa, touching the lives of students and teachers alike.

At each school, Community Engagement Coordinators John and Kym Warner welcome groups of up to 20 students for 30-minute sessions.

For one young patient previously flown by the RFDS, the simulator brought back memories: *"I remember the layout of the aircraft,"* she shared excitedly, eager to role-play her experience.

Another boy, pointing to his scarred leg, announced, ***"This time I get to fly the plane and not be the patient!"***

The impact of these visits reaches far beyond the

classroom. One Bundaberg Flight Nurse reported a young patient saying *"the RFDS came to my school, so I know what is happening and I'm not scared,"* as she prepared to be flown by the RFDS with appendicitis.

Many students shared their own Flying Doctor stories during the visits. One boy had been flown after a serious illness and recreated his experience, even asking about the feeding tubes. A young mum at one school thanked the team, sharing how the RFDS had flown her from Hervey Bay to Brisbane when



John and Kym showing Morven State School students the RFDS simulator.



Participating schools included Bedourie State School, Dajarra State School, Birdsville State School, North Shore State School, Croydon State School, Lady Gowrie Blackwater Community Kindergarten, Boulia State School, Dysart State School and Monto State School.

pregnant with her premature baby – who is now a student at the school.

The team sets up a props table outside the simulator where students can practice bandaging snake bite injuries and learn basic first aid while having fun. School staff, including groundskeepers, often help position the simulator, sharing their own experiences with the service.

In remote schools, where visitors are rare, the simulator brings special excitement. Some rural children, whose parents fly small aircraft or

helicopters, surprise the team with their aviation knowledge.

With another long journey ahead of them to the next town, Kym says she is proud of the partnership between the RFDS and Isuzu UTE.

"The Royal Flying Doctor Service is grateful to have the support of Isuzu UTE. It helps us to keep our service flying and driving right across the country."

Major National Partner
ISUZU
UTE


Royal Flying
Doctor Service

Thanks to your

kind support, this unique program continues to educate and inspire Queensland's next generation, one school at a time.

YOU'RE HELPING US TAKE TRAINING TO new heights

A groundbreaking new facility in Bundaberg is revolutionising how our Flying Doctor pilots train, ensuring we continue delivering world-class care across Queensland's vast outback.

For RFDS pilots, landing on remote airstrips and navigating challenging weather conditions is all part of a day's work. Now, thanks to your support, RFDS pilots can perfect these vital skills in Australia's most advanced flight simulator.

The new Aeromedical Training Academy in

Bundaberg houses the country's only Beechcraft King Air Pro Line Fusion Full-Flight Simulator – technology that perfectly replicates our aircraft's cockpit and flying conditions.

The simulator allows pilots to practice emergency procedures and challenging scenarios in complete safety.

This state-of-the-art facility means our pilots can now train all year-round in Queensland, rather than travelling interstate or overseas. Each RFDS pilot will spend at least two weeks annually at the academy, honing their skills to ensure they're ready for any situation.

The development comes at

RFDS AEROMEDICAL TRAINING
ACADEMY FOUNDING PARTNERS



a crucial time, as we work to attract more pilots to serve our regional, rural and remote communities. With over 12,850 patients flown each year by RFDS in Queensland, having well-trained crews ready to respond is vital.



This facility allows us to continue to maintain our high standard of safety and care while training the next generation of Flying Doctor pilots right here in Queensland.



Cpt Shane Lawrey
'flying' the simulator.
Top-right: Cpt Shane
Lawrey at the new
Bundaberg Aeromedical
Training Facility

*Your caring
support*

helped to build this vital training academy, ensuring our crews remain ready to respond whenever and wherever they're needed across our vast state.

Making a difference at 30,000 feet



For RFDS Pilot, Brady Thrift, every landing on a remote airstrip and every patient flown reminds him why he chose this extraordinary career path.

"The most rewarding part of the job is knowing that the service you're apart of can have such an impact on someone's life," Brady said. *"For many of the patients we fly, they're most likely experiencing the worst day of their lives."*

Based at Mount Isa, his role with the Flying Doctor brings new challenges daily.

"One day we're with our primary health care team in a community delivering the weekly healthcare clinics and the next day we could be landing on a 1,000 m dirt strip," he said. ***"It doesn't get any more exciting than that!"***

Brady's journey to the RFDS began in his regional hometown, where his passion for aviation first took flight.

"I was exposed to aviation by my mother who was frequently travelling for work," Brady said. ***"I can vividly recall watching arriving and departing aircraft knowing full well I wanted a career in aviation."***

After earning his commercial pilot licence on the Sunshine Coast, his first role as a station pilot in North Queensland proved pivotal. *"I was exposed to and involved in many RFDS retrievals, whether it was an injured ringer involved in a mustering incident or a station employee being generally unwell. This exposure set me up early in my career to know that the RFDS was where I wanted to be!"*

To those dreaming of following in his footsteps



Brady and Flight Nurse Emily.

Brady offers this advice: *"While it's not an easy road, and it can feel like the end is never in sight, remember to take your time, enjoy the ride, and embrace the opportunities as they present themselves. One day you'll look back and wonder where the time has gone!"*

Because of you.

the RFDS is training the next generation of pilots for the Flying Doctor.

MEET THE AMAZING RFDS SUPPORTER

living big today and giving big tomorrow

At 90, Flying Doctor supporter Pearl is a fascinating lady with a boundary-pushing spirit. Now she's discovered an inspiring way to help remote Queenslanders in need beyond her lifetime.

Born in 1934, Pearl has spent most of her 90 years living and working in rural Queensland after emigrating from England as a child. Her early years were spent in a caravan while her father worked in the timber yards of Gippsland, Victoria.

Eventually, they relocated to Curtis Island, a beautiful paradise off the coast of Gladstone. *"My dad found a nice piece of land there – a farm. When I was 12, our family ended up buying it to raise cattle. It truly was half a world away."*

At 14, Pearl learned to drive her dad's bulldozer, which he used for construction jobs. It was here that Pearl's adventurous spirit took shape. Curtis Island also opened her eyes to the challenges of accessing healthcare in isolated locations.

"Living in a remote area can be very difficult," she says.

"You need doctors who can land from a plane, scoop up

the sick and provide the care they need."

After Pearl's idyllic childhood, a chance meeting in Brisbane at 21 sparked an exciting new chapter. After seeing a motorbike in a store, she asked to take it for a spin. *"I ended up buying it – and then married the red-headed fellow who sold it to me!"*

Since then, Pearl's life journey has taken her across various rural ventures, from Mackay to Barcaldine. *"I've wandered around,"* she laughs. Over the years, she and her late husband ran motels, owned pet shops and farmed the land together, growing pawpaws and rockmelons for the Brisbane and Sydney markets. *"I became quite skilled on a Ferguson tractor, even ploughing while pregnant,"* Pearl says. *"The doctor was worried I'd go into labour!"*

Now back in Yeppoon and going strong at 90, Pearl remains busy, driving around to do her errands, caring for her chocolate labrador and making a difference in the community – including as an RFDS supporter. She's thrilled



Pearl with Michela and Glenda.



Pearl with her niece, Glenda.



Pearl continuing her love of travelling on motorbikes to this day. Top-left: Pearl with her first motorbike. Top-right: Pearl on a trip exploring Australia.



that a recent donation helped fund lighting for a remote airstrip, to improve safety for RFDS patients.

Now, Pearl has made the incredible decision to leave a gift in her Will to the RFDS. "It's very necessary. They can reach accidents quickly," she says. "I've always been a country person. Living out here, you understand how

difficult it can be."

She feels her decision flows naturally from her sense of connection to and care for regional Australians.

"I try to do the best I can for myself and everyone else," she says. "If we all helped each other, there wouldn't be the pickle that's around sometimes."



Pearl as a young woman.



HI! WE'RE MICHELA (L) AND MARIA (R). By choosing to leave a gift in your Will, you are creating a lasting legacy that will help the Royal Flying Doctor Service (Queensland Section) continue its vital work for future generations. Your generosity is truly inspiring, and we are grateful for your commitment to our mission. We understand how important your gift is, and we're here to help you every step of the way. If you'd like to discuss your gift, share your story, or simply have a chat, please contact us at giftinwill@rfdsql.com.au

Crossword

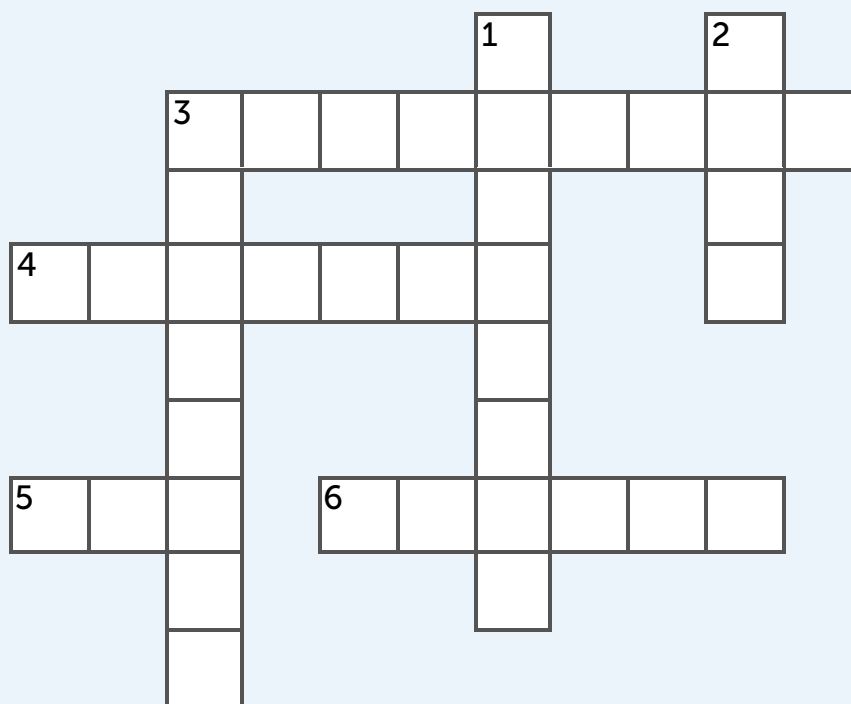
The Flying Doctor community truly covers every corner of our vast state. But which places are featured in our special "Where in Queensland?" crossword? All answers can be found in your magazine.

Down

1. Remote peninsula region served by RFDS (4,4 letters)
2. Remote station where Oscar maintained the airstrip (4 letters)
3. Location of new RFDS Aeromedical Hub (8 letters)

Across

3. Location of new Aeromedical Training Academy (9 letters)
4. Town marking end of Kylee's Anzac Trail (7 letters)
5. Base celebrating 60th anniversary (3 letters)
6. Small outback town where metal artist Kylee 'Gidgee' Tindale-Smith is from (6 letters)



Answers: 1. Cape York, 2. Proa, 3 down, Brisbane, 3 across, Bundaberg, 4. Quilpie, 5. Isa, 6. Morven.



Your kindness

echos across the vast Australian outback, touching lives even in the most remote corners. Your compassion inspires us to go the extra mile for community and we are united in our shared journey of caring for others.

This edition we bring you something special from RFDS Queensland Special Supporter Coordinator, Maria Hayes.

My aunt always made ice cream for family get togethers and she then passed it onto me when

she became too old and felt us “young ones” should continue the tradition. Coming from a family of six kids, our family get togethers after we all married and had children could number up to 30 so the mango ice cream was a constant and the tiramisu has been my contribution to the ongoing traditions.



Hayes Family Tiramisu



with a spoon to make it softer. When the yolks are ready add the mascarpone cheese.

5. Whip the mascarpone cream for 2 to 3 minutes. Now add the stiffly beaten egg whites. Mix with a wooden spoon, from bottom up. Mix slowly until smooth and creamy.

6. Dip the lady fingers quickly (1 or 2 seconds) into the coffee. Then arrange the lady fingers in the casserole of your liking.

7. Arrange them so that they cover the bottom of the casserole. Then spread the mascarpone cream over the lady fingers.

8. Add another layer of lady fingers and then top with more mascarpone cream. If you are making the last layer, spread the mascarpone cream generously.

9. Sprinkle with cocoa powder. Allow to rest 3 hours in the refrigerator before serving. Even better if you prepare the tiramisu the day before, letting it rest overnight.

INGREDIENTS

300 g lady fingers/sponge fingers – (Savoardi), about 30
500 g mascarpone cheese
4 eggs
100 g granulated/castor sugar – ½ cup
300 ml coffee – espresso, 1 ¼ cup
2 tablespoons Marsala wine
Unsweetened cocoa powder – for decoration

INSTRUCTIONS

1. Prepare the coffee. Then add the Marsala wine. Set aside and let cool.
2. Separate the egg whites from the yolks. Set aside the yolks and whip the egg whites until stiff. Once ready, set aside.
3. In a bowl, beat the egg yolks with sugar until light and smooth, 3 to 5 minutes.
4. Pour the mascarpone cheese into a bowl and work it

A YEAR IN THE LIFE OF THE

Flying Doctor

IN QUEENSLAND



"The RFDS in Queensland wouldn't be able to reach the far-flung corners of our vast state without the wonderful generosity of our community. Your donations are more than just financial contributions; they're a lifeline to those who live in remote areas. Every dollar brings us closer to ensuring that everyone, regardless of their location, has access to vital healthcare".

– Katherine Ash, *General Manager Fundraising and Philanthropy*



More than
3,650
immunisations
administered



More than
12,850
patients flown via
aeromedical service



More than
25,900
consultations at RFDS
GP and nurse clinics



More than
26,000
remote consultation
calls through our
telehealth service



More than
2,300
visits to our RFDS
dental service



More than
11,400
consultations by
mental health
clinicians

OUR PRINCIPAL PARTNERS



Royal Flying Doctor Service (Queensland Section)
12 Casuarina Street, BRISBANE AIRPORT QLD 4008
Ph: 07 3852 7515 E: supportercare@rfdsqld.com.au

The Royal Flying Doctor Service is committed to eliminating all forms of discrimination in the provision of healthcare. We embrace diversity and welcome all people irrespective of faith, ethnicity, sexual orientation or gender identity.

The Royal Flying Doctor Service acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of this land.