

OFFICIAL MAGAZINE OF THE
ROYAL FLYING DOCTOR SERVICE
WESTERN AUSTRALIA
AUTUMN 2021

YOUR FLYING DOCTOR

Stronger Together



Royal Flying Doctor Service
WESTERN AUSTRALIA

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Cover photo: RFDS Dr Leesa Equid (left) and Flight Nurse Rachel Dawe (right) arriving at Cherrabun Pastoral Station in the remote Kimberley to deliver a GP clinic to residents in the surrounding area. Photo captured by pilot John Matthews.

Acknowledgements: Thank you to the patients, RFDS employees and members of our community for the photographs and stories in this publication.

Stronger Together



Thanks to generous people like you, the Royal Flying Doctor Service (RFDS) will be ready to bring the finest care to the furthest corners of our vast state no matter what challenges we face.

With support from the WA community amid a global pandemic, our dedicated crews adapted, innovated and faced the challenges caused by COVID-19 with a determination I was humbled by.

Armed with extra training, new protocols, and a patient-first approach, we continued retrieving patients in times of emergency and provided the finest care to more than 9,000 people.

After recording the busiest year in our long history, we started 2021 with another challenge – a fire at our Broome base. Most importantly no one was hurt. Despite the damage, our planes weren't affected and there was no impact to our critical 24/7 service for Kimberley patients.

Our RFDS crew in Broome and across the organisation worked tirelessly to ensure there was no impact to patient response during and since the fire. This has only been possible due to the incredible work ethic of our entire workforce and their dedication to the people we serve.

As we approach the 93rd anniversary of our first flight, I reflect on how much the Flying Doctor has grown and the hurdles we have overcome. Our fleet continues to grow, we embrace new technology and constantly innovate to combat the tyranny of distance. One thing has not changed, our determination to provide a mantle of safety to everyone who lives, works and travels across Australia.

Together with support from the Australian community, we deliver on the quintessential sense of what it means to be Australian – that a mate is going to be there when you need them most.

Thanks to your generosity and the dedication of RFDS crews, we will continue to innovate and adapt to the changing world, to bring the finest care wherever it is needed.

Whatever challenges this year may throw at us, I am confident that with you by our side, the Flying Doctor will go from strength to strength. Together we are stronger.

Best wishes

Rebecca Tomkinson
CEO, Royal Flying Doctor Service WA



Thank you for bringing help closer last Christmas

With your support last Christmas, our lifesaving care was carried far and wide across the state to people who needed us.

From 24 December to 4 January, RFDS crews touched the lives of 347 patients in need of our care. Some of the reasons we were needed include; motor vehicle accidents, snake bites, burns, a heart attack, a diving incident and neonatal transfers.



347
patients cared for



296,000
kilometres flown



821
hours travelled





NULLARBOR

road landing

It's not every day the Royal Flying Doctor Service in WA performs an emergency road landing on the Nullarbor.

But when the RFDS received a call for help to retrieve Eucla police officer Richard Buchanan who was suffering a stroke on the WA/SA border, there was no other option.

It seemed like just another day at work for Richard as he met travellers at the border crossing's Command Centre in August last year.

Just hours after commencing his shift, Richard collapsed and was unable to move after suffering a stroke.

What transpired next was a time-critical mission by WA health and emergency services to coordinate a road landing on the Nullarbor to extract and retrieve Richard to Perth.

"I was processing some paperwork when it suddenly felt like my body was weighing over to one side and I couldn't hold myself up," he said.

"It was pretty scary not being able to move and I knew something wasn't quite right. I had no idea what was going to happen next."

Time was of the essence and Richard needed to get to Perth, 1,428km away, to access specialist care quickly.

Springing into action, Richard's colleagues contacted the local nursing post who worked to stabilise his condition while waiting for the RFDS to arrive.

With the local airstrip waterlogged due to heavy rain, a mercy flight to land on the Eyre Highway was declared.

Back at the RFDS' 24-hour Coordination Centre, logisticians worked with multiple agencies to close the road and ensure RFDS crews could land safely.

Concurrently, the RFDS liaised with stroke specialists in Perth to ensure Richard could access immediate treatment upon arrival.

Four days later, Richard walked out of hospital with zero neurological deficits.

"The RFDS being able to evacuate me to Perth literally meant the difference between life and death in that moment," he said.

"When you live remotely, you have a greater appreciation of how vital volunteers are to their communities and how to work with what you've got. I am grateful to everyone who assisted me."

RFDS General Manager James Sherriff said "This is just one great example where everyone gave their all for the patient. It was a massive team effort to make this retrieval happen."

Today, Richard has retired after 40 years of service and has relocated to Perth. He says the incident has prompted him to not take his health for granted.

Last year the RFDS responded to 267 emergency retrievals for stroke patients across WA.



Bring care closer



When time is of the essence your donations help bring care closer.

With your support, the Flying Doctor is there to help someone facing a time-critical medical emergency.

Donate at: rfdswa.com.au



Santo Borrello suffered third degree burns and required urgent transfer.

FAMILY'S DREAM HOLIDAY *up in smoke*

Kaitlyn Borrello's ears were ringing. Her upper body was covered in burns and her son was crying at the sight of her soot-stained face and charred hair.

In shock, Kaitlyn clutched her screaming sons as she took in the fire consuming her camper trailer.

It started as a dream vacation. Kaitlyn was holidaying in the stunning surrounds of Coral Bay with her husband Santo and their two sons in August last year.

A calm afternoon lunch at a local caravan park turned into a terrifying ordeal after a flame shot out from their cooker and caused an explosion in the annex of their camper trailer.

Kaitlyn and Santo suffered second and third degree burns respectively as they desperately tried to escape the blaze and get their boys to safety who thankfully were unscathed by the fire.

Outside, it was pandemonium. In an overwhelming display of the Aussie community spirit, bystanders worked to put out the fire and grabbed any bottled water they could find to douse their burns.

At the local nursing post, their burns were assessed as severe with the closest specialist treatment available in Perth.

Crew from the RFDS were tasked to respond and fly the family to Fiona Stanley Hospital's burns unit more than 1,100km away – a journey that would've taken more than 11 hours by road.

"I had no idea what to expect, what was going to happen, what the RFDS was or how much it was going to cost our family. I was incredibly stressed as I had no idea how we were going to pay for the RFDS," Kaitlyn said, originally from the US.

"It was a relief to everyone when the RFDS crew walked in. They immediately took charge of the situation and jumped straight into helping set Santo's shoulder which he dislocated while trying to escape."

Kaitlyn remembers feeling reassured by the calm and caring nature of the RFDS crew who explained what was happening with Santo's treatment and joked with the kids to help calm them down. The crew were also able to ensure the whole family were able to fly down together.

"The whole crew went above and beyond to make one of the worst days of our lives have a few moments of joy and laughter," Kaitlyn Borrello, RFDS patient.

"The RFDS saved us in more ways than one that day. We are all so lucky that the RFDS came to our aid when we needed it the most. We are deeply thankful for everything the RFDS does."

Six months on, the Borrello family report Santo has a long road of physiotherapy ahead for his shoulder injury, their burns are healing remarkably well but they remain very nervous around fire, with fire safety the new normal.

Like many WA families who have been exploring our great state over the past few months, the Borrello family never expected to need our services, but are grateful the RFDS was able to bring help closer in their time of need.



Kaitlyn Borrello said she was grateful to RFDS crews for the care offered to her family.

Once their camper trailer is repaired, the Borrello family are keen to explore WA's regions again – this time safe in the knowledge that the RFDS is there if things go wrong.



The Borrello family visited the RFDS Jandakot base after making a remarkable recovery.

*Always
with you*



The RFDS is a free service. Your donations help us be there for unexpected emergencies.

Recent calls for help for holiday-related incidents include snake bites, stingray injuries, motor vehicle accidents, and a parachuting injury.

Donate at:
rfdswa.giveeasy.org/autumn21

MEET THE NEWEST *member of our fleet*

Western Australia's Royal Flying Doctor Service has expanded its fleet with the arrival of a new Pilatus PC-12 turboprop aircraft.

The PC-12 NG aircraft VH-LWO which arrived at Jandakot Airport from Switzerland in February is the last of its type to be manufactured by Pilatus.

VH-LWO was purchased thanks to the generous support of the Chamber of Commerce & Energy

WA and 22 of their member organisations who answered our call for Response Ready COVID-19 assistance in 2020.

Cementing our position as an innovative world-leader in aeromedical service, RFDS WO engineers will customise the aircraft over 10 weeks to include COVID-19-proofing measures.

The aircraft will serve as a prototype in transitioning the entire RFDS fleet in WA to include COVID-19 considerations and

new aircraft communications and navigation systems.

Increasing the RFDS WO fleet to 17 PC-12s alongside two Rio Tinto LifeFlight PC-24 jets, the increased fleet capacity will boost emergency response times for multiple cases across the state and help ensure a continuous service as we continue to respond to the pandemic.

The RFDS responds to an average of 25 patients a day in locations as near to Perth as Rottnest and as far north as Kununurra; in any weather, 24 hours a day, every day.



How our Pilatus PC-12 Flying Intensive Care Unit is set-up

The Pilatus PC-12 is a great all-rounder in terms of capacity, amenity, speed, range and performance, making it perfect for the Royal Flying Doctor Service.

Custom cabin - The cabin is set up with two stretcher beds and three seats, which can be used in a variety of configurations. The front door allows the pilot to conduct pre-flight external inspections and enter the plane without disturbing the patients and medical crew in the rear.

Staff - A Doctor and a Flight Nurse are usually on every flight to treat patients. Other passengers can include sitting patients, accompanying relatives or specialist medical staff.

Cockpit - The cockpit is configured for single-pilot operations in all weather conditions, day and night. Instrumentation includes state-of-the-art navigation and positioning systems as well as the standard equipment to display data from ground-based navigational aids.

Engine - The aircraft is powered by a single Pratt and Whitney Canada PT6A-67B turboprop engine.



VH-LWO in the snow at the factory in Switzerland before journeying to WA.

RFDS Extensive Fit out

The first Pilatus PC-12 NG aircraft was acquired by the RFDS in 2009.

Each RFDS aircraft is equipped with state-of-the-art aeromedical equipment and literally serves as an 'Intensive Care Unit' in the sky.

When a new RFDS aircraft arrives, it undergoes an aeromedical fit-out with the latest in medical, aviation and communications technology.

Over 10 weeks, RFDS engineers who are specialists on Pilatus-built aircraft will install:

- Various fittings for stretcher, oxygen, suction and electrical systems;
- Radio and satellite phone communications;
- Bespoke cabinets and shelving for the storage of medical supplies and luggage; and
- Protectors to prevent chipping and wear and tear on the aircraft.

Specifications

Pilatus PC-12
Flying Intensive
Care Units



Number in RFDS WA Fleet
17



Maximum Speed
280 knots (518.56 km)



Maximum Altitude
30,000 Ft



Capacity
Two stretchered patients and one
seated patient with two medical crew



Range
2,889 km



Cabin Dimensions
Width: 1.52m Length: 4.68m Height: 1.45m



Weighing an RFDS PC-12 aircraft

When our PC-12 aircraft arrived from the Pilatus factory in Switzerland, the plane began its aeromedical fit-out by our specialist engineers. This takes 760 hours. Any significant modifications to an aircraft requires the operator to reweigh the aircraft.

Our aircraft are weighed by moving all three wheels onto specialised weight pads.

Once weighed, an authorised aircraft weigher provides a report that is kept with the aircraft's logbook. Our pilots also receive a copy which is loaded into our computer management systems.

Every PC-12 aircraft in our fleet must have exactly the same medical set up so our Doctors and Nurses know where everything is in an emergency.

It is critical to know the weight of our aircraft for optimal flight performance and safety. Our

pilots must calculate the weight of everything on board the aircraft including equipment, people and fuel prior to flying to ensure they do not exceed the allocated weight capacity of the aircraft. RFDS pilots are responsible for the loading of our patients onto the aircraft to ensure the weight is balanced in order to maintain the centre of gravity.

The centre of gravity of an aircraft is the point where all weight is evenly distributed and balanced. If the weight is not evenly distributed or if there's major change in balance, the aircraft is more difficult to control. The engineers and pilots ensure the weight and centre of gravity are measured correctly to ensure the best flight performance and safety for our patients.



**Thank you CME and all other donors
who helped us purchase VH-LWO**

*Fly us
Further*



**Donate today to
help provide the vital
aeromedical equipment
needed to maintain
19 Intensive Care Units
in the sky.**

Donate at: rfdswa.com.au



DREAM JOB

in the Top End

Bryn flying the RFDS' PC-12 on a clinic run to Kadjina, a remote community in the Kimberley.

What sort of job would have you skirting wedge-tailed eagles, dodging storms and mustering cattle so you can help set up a remote clinic? Working for the Flying Doctor in WA of course!

Three years ago, pilot Bryn James swapped the big city lights of Melbourne for the Top End of WA to take up what he says was his dream job.

Based in Broome, Bryn can be tasked to retrieve and fly patients to safety from the furthest corners of WA - and everywhere in between - for a variety of reasons.

From retrieving a station worker mauled by a bull, to navigating around a thunderstorm to transfer a young Karratha girl stung by an Irukandji jellyfish, to assisting the Broome Fire and Rescue crew to extract a patient trapped in their vehicle on the Dampier Peninsula; Bryn has gained incredible experience he knows is unique to working with the RFDS.

"I love this job because of the variety of work we do, the amazing landscapes we fly over and mostly because we get to help people when they need it most. Job satisfaction is through the roof in this job," he said.

"I had never worked in health before so it has been a real learning curve for me being so involved with our patients."

An experienced and highly trained pilot flying the RFDS' PC-12 turboprop aircraft, Bryn says the wet season has its fair share of challenges.

"During the dry season we can go for six to eight months without seeing a cloud so flying is easy," he said.

"The afternoon storms in the wet season on the other hand make flying a lot harder and we have to be careful in our pre-flight planning to make sure we have enough fuel to fly around weather."

"Our aircraft, although pressurised and able to fly to 30,000 feet, cannot outclimb the thunderstorms that often go as high as 45,000 feet!

We use our on board weather radar to safely navigate around them."

"I had never seen tropical storm lightning but now I love watching them as we fly past."

Last year the Flying Doctor in WA retrieved 1,870 patients from the Kimberley, making it the busiest region in WA.

The RFDS also provides primary healthcare clinics to patients in the Kimberley region.

The RFDS delivers free GP clinics at Mount House, Drysdale and Doongan Stations, Mornington Wilderness Camp on the Gibb River Road and in the Aboriginal communities of Djugerari, Koorabye, Kadjina and Yakanarra.

The RFDS has 126 medical chests across the Kimberley region to ensure those in isolated locations have access to emergency pharmaceutical and medical supplies which assist in the first-aid treatment of patients and in the preparation of evacuations from remote locations.



Stronger Together



Donate today to help support our busiest regional base outside of Perth and the dedicated staff that service the region.

Donate at: rfdswa.com.au



24/7 service uninterrupted by **BROOME BASE FIRE**

After a busy holiday period, the new year got off to an unexpected start for the RFDS with a fire at our Broome base on Saturday 2 January.

The response was swift and collaborative. Thanks to the Department of Fire and Emergency Services and local volunteer fire fighters, the blaze was quickly brought under control.

Most importantly no one was hurt, our planes weren't damaged and there was no impact to patients in the Kimberley region needing aeromedical retrievals.

The fire affected the main building at the base which is primarily used for patient care, administration and storage of equipment and medical supplies. Despite the damage, our service has remained operational for all patients in the region.

The RFDS staff have worked together with key partners in the region to establish temporary

patient facilities at another location at Broome International Airport.

"The united response of RFDS crew in Broome and across the organisation following the fire has been incredible. There has been no impact to patient response during and since the incident, which has only been possible due to the incredible work ethic of our entire workforce," said RFDS WA CEO Rebecca Tomkinson.

"Our patients and people remain our top priority as we recover, and I thank the Western Australian community and our partners for their continued support," Ms Tomkinson said.

The Broome base is the RFDS' largest regional base outside of Perth. Last year more than 1,800

patients were retrieved from the Kimberley region – more than any other region in WA.

We remain grateful for support from the community as we work together to rebuild our Kimberley facility. Together with our supporters, the RFDS will overcome this challenge and build back stronger.

*Stronger
Together*



We appreciate your generous support over the coming months as we rebuild our Broome base.

Donate today to keep us flying into the future.

Donate at: rfdswa.com.au



WHAT'S ON?

Flying Doctor Day

What is Flying Doctor Day?

On Monday 17 May 2021, RFDS will celebrate Flying Doctor Day and 93 years of proudly providing the finest care to the furthest corners of Australia.



First RFDS Pilot Arthur Affleck.

Reverend John Flynn's vision to provide a mantle of safety for those living in remote Australia took off on the morning of 17 May 1928 when the inaugural flight departed from Cloncurry to retrieve two patients. Dr Kenyon St Vincent Welch and Pilot Arthur Affleck took off in a single engine De Havilland 50 bi-plane named Victory.

The first Pilot had no navigational aids, no radio and only a compass. He navigated by landmarks such as fences, rivers, river beds, dirt roads or just wheel tracks and telegraph lines. There was no way to call for help.

This flight marked the beginning of one of the world's first aeromedical services.

In its inaugural year, the Aerial Medical Service (which later became the Royal Flying Doctor Service) flew 50 flights to 26 destinations and treated 225 patients.

Last year, the RFDS provided care to more than 320,000 Australians - one person every one and a half minutes.

In 2020, in the midst of a global pandemic the Flying Doctor in WA recorded the busiest year in our long history. As demand continues to grow, our team of 300 Pilots, Doctors, Flight Nurses, Engineers, and support crew work tirelessly every day of the year to provide 24-hour emergency retrieval service and primary health care to remote communities.

Flying Doctor Day is an opportunity to celebrate our history, our future and recognise the efforts of the frontline crews working to provide excellent care. Together with support from the community, we deliver on the quintessential sense of what it means to be Australian - that a mate is going to be there when you need them most.



The Legacy of a Gift in Will

Ninety three years ago, the very first Royal Flying Doctor Service flight was made possible when supporter Hugh Victor McKay left a gift in his Will for what he at the time dubbed an “aerial experiment”.

The first Flying Doctor plane was named Victory in honour of philanthropist Hugh Victor McKay whose bequest enabled the Flying Doctor to start. Today, one of our Rio Tinto LifeFlight PC-24 jets bears the name Victory remembering our beginnings as we fly into the future and find new ways to overcome the tyranny of distance.

McKay could not have imagined the legacy his gift would create or how successful the “experiment” would be.

Today, McKay’s spirit of philanthropy and giving lives on through the financial support and generosity of people like you who are committed to keeping Flynn’s dream alive.

Since that first flight, donations and bequests have helped keep the RFDS flying. We are proud to recognise those who follow in McKay’s footsteps and leave a Gift in their Will through the Robin Miller Society. To learn more contact RFDS Philanthropy Manager Matthew Correia on (08) 9417 6375 or email matthew.correia@rfdswa.com.au

Flying into the Future

The RFDS has grown immensely since the first flight on 17 May 1928. From a single leased Qantas plane in 1928, in Western Australia we now have a fleet of 17 PC-12 turboprop aircraft and two Rio Tinto LifeFlight PC-24 jet aircraft which provide a ‘mantle of safety’ across more than 2.5 million square kilometres of the state.

With the introduction of our Rio Tinto LifeFlight PC-24 jets, RFDS WA became the first to use the jet for aeromedical retrieval work anywhere in the world, the first to bring a PC-24 to the Southern Hemisphere and, the first PC-24 in all of Australia. We led the charge and worked with our supporters to meet the growing need for long haul transfers.

The tyranny of distance will always challenge Australia, but the Flying

Doctor will continue to overcome this using the latest in technology, innovation and service to respond to the changing needs of the people we serve.

COVID-19 has accelerated the push towards using new technology and platforms to deliver our essential service across the world’s largest health jurisdiction.

We do not know what challenges we will face next, but we promise to innovate and find the solution. The world is changing. With people like you standing by our side, we are determined to keep changing with it.

Your support on Flying Doctor Day and throughout the year allows us to invest in the future of the Flying Doctor and find the answer to problems we can’t imagine yet.

With technology at our fingertips and incredible expertise and passion among our people, we have much to be excited about for our future.

How you can be involved



Volunteer for RFDS Street Appeal

In the lead up to Flying Doctor Day 2021 we will be out raising funds and awareness of our service in the Perth metropolitan area on Friday 14 May. To sign up to help on the day please email fundraise@rfdswa.com.au



Light up our landmarks

As landmarks around Western Australia light up in red and blue for the Flying Doctor on Monday 17 May, snap a picture and share it on social media. Be sure to tag our profile or use #flyingdoctorday in your post and we might just repost your shot on our channels!



Host a fundraiser

There are plenty of ways to get involved and fundraise for the RFDS, whether it is organising a workplace morning tea, a BBQ with mates or paper plane challenge at school. Whatever your idea we would love your support this Flying Doctor Day. Check our website or contact the Communications and Giving Team for more information fundraise@rfdswa.com.au.

The Flying Doctor is not just for those who live in regional WA. We are the service you hope you never have to use, but as you work, travel and live throughout WA we’re there for you.

If you have other ideas to help us celebrate our 93rd birthday please contact us – we would love to hear from you.



DEVOTED

Career

"You can't print that!" Flight Nurse Marianne Testi says sternly and then laughs as she recollects stories from her 30-year-long career with the RFDS in Western Australia.

In the late '80s, Marianne was working in central Queensland as a nurse when she sighted a job advertisement for the Flying Doctor based in Derby, WA.

Armed with a spirit for adventure and a passion for helping people in need, a job serving regional communities as a Flight Nurse for the iconic Flying Doctor piqued her interest right away.

Thirty years on, she's never looked back and is the WA Flying Doctor's longest serving Flight Nurse.

Starting with the service in 1990, Marianne is no stranger to navigating through periods of disruption with significant advancements in technology and medical expertise occurring in the past three decades.

Her recollections of being a first-responder in WA are vivid, passionate and intermingled with highs and lows.

"It was a very different world back when I started in the '90s," she said.



"We had no satellite phone, no electricity in the aircraft, no loading and unloading system for our patients, no portable equipment and you had to go up to the pilot in the cockpit to use the radio and the whole world could hear you.

"We didn't have the high-end ICUs that we have today. We did more primary retrievals back then and we just had to use whatever was available to us at the time to ensure the best outcome for our patients."

Marianne says it has been a great privilege to be part of lifesaving missions alongside some of the best and highly trained clinical crews.

One mission Marianne says she'll never forget was Ashmore Reef on 16 April 2009 when a vessel carrying 47 refugees exploded and sank. Five passengers were killed and many survivors were severely burned.

RFDS aircraft and crews from Derby, Port Hedland, Meekatharra and Jandakot bases were tasked to respond to the major casualty incident.

A medical triage facility was established at the Mungallulu Truscott Airbase in Kalumburu and on the Front Puffin – a tanker where the wounded were initially treated and awaited aeromedical evacuation to hospitals ashore.

Marianne was tasked with the RFDS' Dr Brian Collings to go by helicopter to the Puffin Platform to triage patients and airlift them back to Truscott.

"We just had to go in and do what we could," Marianne recalls.

"It was a full day's work triaging patients who were very badly burnt. Many had to be ventilated and getting them onto a chopper was a logistical nightmare. I'll never forget it."

In January, when a fire destroyed patient transfer facilities along with medical tools and equipment at the RFDS Broome base, Marianne played an instrumental role in establishing temporary facilities and in the recovery process to ensure service continuity.

"I am very proud to work alongside dedicated and committed healthcare professionals who put our patients at the centre of everything they do," she said.

"When we are thrown a curve ball, we respond by being solution-focused. That is the Flying Doctor spirit. Where some might say 'too hard', we say 'let's find a way to do this'."

Propel us forward.



You can propel us forward by making a donation to enable our crews to innovate and stand strong in the face of whatever challenge comes next.

Donate at: rfdswa.com.au

RECIPES

from the Goldfields



A taste of Royal Flying Doctor Eastern Goldfields Auxiliary Historical Cookbook

Cream of Carrot Soup

Ingredients

3 large carrots
2 pints chicken stock
(or water and stock cubes)
0.25 cups cream
Parsley

Method

Chop carrots roughly. Cook in stock until tender. Put in vitamiser (or blender) and blend until pureed. Return to saucepan, and add cream and finely chopped parsley. Do not re-boil.



Lamb Shanks in Cranberry Sauce

Ingredients

1 tbsp olive oil
2 tbsp butter
1 cup red wine
275g whole cranberry sauce jar
Salt and pepper (to taste)
6 lamb shanks
2 tbsp flour
1.5 cups chicken stock
Fresh rosemary

Method

Brown shanks in hot oil. Remove to casserole dish. Melt butter until sizzling, add flour and cook for 1 minute. Remove from heat and slowly add stock, wine, and cranberry sauce. Season with salt and pepper. Return to heat and bring to boil. Pour over lamb shanks, add rosemary. Cover and bake in moderate oven for 1 hour. Remove lid and bake for a further 30 minutes or until tender.



Thank you for your support of the RFDS. Please enjoy these winter warmer recipes.

Cookbook can be purchased from www.rfdswa.com.au



URGENT FLIGHT

for baby Grace

Late last year, Albany mum Tammy faced every parent's worst nightmare when her four-month-old baby daughter Grace turned blue.

"Seeing your baby turn blue and struggling to breathe is terrifying," Albany mum Tammy shared.

It started when Tammy noticed Grace making a strange noise at the end of each breath. With her daughter's complex cardiac history, Tammy had been taught to recognise signs of respiratory distress in her young daughter.

"My baby girl turned blue – a sign not to muck around with."

Tammy remained level-headed in the emergency to provide her daughter with the best fighting chance.

"I was so scared of losing her," Tammy recalled.

"I got the ambulance on the phone who explained what I had to do, I unlocked my front door and I gathered Grace's Perth Children's Hospital paperwork along with her medication."

The mother and daughter were taken to Albany hospital where Grace was put on oxygen and had an x-ray of her chest.

After liaising with the cardiac team from Perth Children's Hospital, the Albany medical team agreed Grace required an urgent transfer to Perth to deal with the complicated case.

Tammy felt reassured when the RFDS crew picked her and Grace up for the flight.

"The crew were all lovely and kept me calm. Grace was looking so much better," Tammy says.

"Grace was turning on the charm for the doctor and nurse onboard – she seemed to enjoy her flight a lot more than me."

The pair spent the night in hospital where Grace had further tests.

With good news on her test results, Tammy was able to take her daughter back home to Albany, relieved to have the Flying Doctor there when they needed it most.

**"They are lifesavers!
It's great to know we
have the RFDS if we
need to get to the city
for specialised medical
assistance – we are
so lucky to have these
services available."**

Whatever the reason, wherever you are the RFDS is there to help 24 hours a day, 365 days a year.

Every week RFDS WA responds to more than 10 calls for help for pregnant mothers and newborn babies.

All RFDS Flight Nurses have critical care expertise and are qualified midwives to ensure when little ones like Grace need help they will receive the finest care possible.



*Every
hour of
every day*



**Donate today to help us
be there for babies and
pregnant mothers when
they need us most.**

Your gift will help
support young families
throughout regional WA.

Donate at: rfdswa.com.au

How *you* can support your Flying Doctor today

DONATE

- ▶ Make a secure donation online at rfdswa.giveeasy.org/autumn21
- ▶ Donate by telephone (08) 9417 6400
- ▶ Complete and return the RFDS donation slip



Stay in touch:

- ✉ Subscribe to 'The Flyer' to receive the latest Flying Doctor WA news to your inbox by emailing communications@rfdswa.com.au
- f @RFDswA
- 🐦 @royalflyingdoc
- 📷 @royalflyingdoc_wa

Other ways to join our crew and support our work

Contact the RFDS WA at giving@rfdswa.com.au or (08) 9417 6400

Set yourself a challenge or hold a morning tea and raise funds for RFDS

Get involved with Flying Doctor Day

Leave a Gift in your Will and join the Robin Miller Society

Join our Support Crew of regular givers

Give a gift that makes a difference

RFDS merchandise is available at www.rfdswa.com.au

\$25: Doctor Bob Bear



\$25: Rio Tinto LifeFlight Cap





Royal Flying Doctor Service
WESTERN AUSTRALIA

Acknowledgement of Country

The Royal Flying Doctor Service in Western Australia respects and acknowledges the Traditional Owners of the Country on which we work, live and fly. We acknowledge your continuing connection to the lands, seas and skies of Western Australia.

Royal Flying Doctor Service (Western Operations)

3 Eagle Drive
Jandakot WA 6164
T: (08) 9417 6400
E: fundraise@rfdswa.com.au
rfdswa.com.au



Photo: Broome Base staff during NAIDOC week photo courtesy of Abby Murray Photography.