



Royal Flying Doctor Service

*Proudly serving Australia for 85 years*

# AirDoctor



# From the Chairman & CEO

**AS WE PREPARE** to farewell 2013, it is timely to reflect on one of the most significant years for RFDS Central Operations.

While the Flying Doctor is focused on the daily provision of vital primary health care and aeromedical services to people in rural, remote and regional Australia, it is vital we keep an eye on the future.

The continued support of our donors, partners, supporters, members and friends will always be critical, especially for our capital investment program including the provision of our medically-equipped aircraft.

Commonwealth, State and Territory Governments also play an important role supporting the RFDS, helping to fund our services in SA and the NT from our Alice Springs Base.

Leading our 2013 highlights is the signing of a historic nine-year (three+three+three) contract with the SA Government to provide fixed-wing aeromedical inter-hospital transfer and retrieval services in SA.

The RFDS is proud to have transported patients to larger hospitals for higher levels of care since 1991. In fact, we transferred our 100,000th SA patient in 2013 – in itself a significant achievement.

This new fee-for-service agreement is with the State Government, SA Ambulance Service and the State Retrieval Service (MedSTAR).

The extended term gives us confidence to progress major capital expenditure programs that will further enhance the quality of our patient service delivery and staff comfort.

Government support alone will never be enough to 'keep the Flying Doctor flying'. We will always rely on your donations, partnerships and effort to underpin our capital investment and key health programs.

One project is the provision of staff housing to help recruit and retain appropriately skilled crews. Construction of 13 townhouses in Alice Springs will be complete in December, replacing four ageing properties and expanding the number of staff we can accommodate.

Our current plan also provides for the replacement of four aircraft through 2015 and 2016.

Another important goal is a new Adelaide Base, providing the best possible patient care while bringing operational and administrative staff into in a single environment providing optimum comfort, security and efficiency.

A project team is working with Adelaide Airport Limited, assessing sites and working on the Base design, with a view to official opening by the end of 2015.

**DAVID HILLS**  
Chairman



**JOHN LYNCH**  
Chief Executive Officer



Operationally in 2012/13, we continued our fine record of service delivery in SA and the NT, serving 50,665 patients – one person every 11 minutes.

The RFDS celebrated its 85th Anniversary in 2013, a milestone recognised with a Regional Tour of the Riverland, South-East, Port Augusta, Whyalla and Eyre Peninsula, our Wings for Life Gala Ball and volunteer presentations at our Adelaide, Port Augusta and Alice Springs facilities.

At our 2013 Annual General Meeting in late October, three Board Members – Brendan Eblen, Graham Gunn and Honorary Treasurer, Paul Prestwich – offered themselves for re-election. As we received no further nominations, they were returned for a further three years, and we are fortunate to enjoy their ongoing expertise and contributions.

The past year has provided opportunity to think about our proud and significant past, the present and what the future holds for the RFDS. We thank our supporters and staff for your role in helping us to fulfil that mission.

As the festive season approaches, we ask that you consider our RFDS staff who will provide services 24 hours every day, guaranteeing that people in need are responded to. That includes Christmas Day, when most of us are privileged to celebrate and enjoy the company of family and friends.

To you and your loved ones, we wish you a happy and safe Christmas and New Year and hope 2014 will be a time of prosperity for us all.

**DAVID HILLS**  
Chairman

**JOHN LYNCH**  
Chief Executive Officer

**OUR COVER:** Pat and Judith tell how a RFDS roadstrip landing helped save them from a rollover on the Nullarbor. (Story page 8 and 9).

**AirDoctor** is the official magazine of the Royal Flying Doctor Service of Australia Central Operations.

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# Olive's outback scare >

**THE PLUNKETT FAMILY** was in the midst of a great Australian adventure in September 2013 when the wonder and isolation of the outback came together in frightening style.

But with their ordeal came the response of the RFDS and the reassurance it is there to help, wherever and whenever trouble strikes.

Enjoying an extended working holiday, the Plunketts – Garth and Anna, with their children Bonnie, 3, and Olive, 2 – had reached Central Australia to experience the spectacle of Uluru.

They were keeping cool around a swimming pool at Yulara when their youngest daughter tripped and fell to the ground, striking her head heavily.

As a doctor, Olive's father knew the potential seriousness of the impact that left her extremely distressed and increasingly unwell.

"Olive was alright at first, but it got worse in terms of her vomiting and becoming very floppy, drowsy and miserable," Garth said.

"I have been involved with the management of kids with head injuries in hospital Emergency Departments and in General Practice, so I had a good understanding of what possibly could go wrong.

"The more vomiting you have increases the likelihood of a more serious head injury such as a bleed.

"It was even more concerning knowing we were so isolated, and as it progressed I became more aware that she needed to be in hospital rather than at Uluru."

After consulting a local nurse who spoke by telephone to a doctor, the decision was made to get Olive to Alice Springs Hospital aboard a RFDS aircraft.

News a Flying Doctor crew were on their way brought relief to Olive's parents, well aware they were 450 kilometres by road from the nearest hospital.



> Anna, Bonnie, Olive and Garth Plunkett all smiles again after a mishap on their extended holiday.

"We were completely desperate and it was a horrible feeling in that initial part," Garth said.

"Olive was getting worse and we had little contact with anyone, so when we knew the RFDS was coming to our rescue we felt a lot better.

"Knowing she'd be flown to hospital in only an hour in such great care gave us a massive amount of relief.

"The alternative was that we drive, or an ambulance drives, five-and-a-half or six hours. If she needed anything done urgently, it might be too late."

Anna travelled with Olive, who was diagnosed with a concussion and spent 24 hours in hospital under close observation.

"In the end, it was a significant concussion without being life-threatening, but you don't

know that at the time," Dr Plunkett said.

"That's where the Flying Doctor is so important. Without it, anyone with a serious injury is in dire straits."

The Plunketts have continued on their journey and are planning at least another 12 months on the road, but Olive's ordeal has made them more aware than ever of the potential for trouble but also the safeguard provided by the RFDS.

"As a General Practitioner, I thought I had some ideas about the services the RFDS provides," Dr Plunkett said.

"However, after going through this first-hand experience, I can really appreciate the amazing sense of reassurance that we – and all in a similar position – feel knowing that despite being in such remote locations, help is at hand."



# New scholarship honours 'The Sugarbird Lady' Robin Miller >

> 'The Sugarbird Lady' Robin Miller was an accomplished nurse and aviator who helped thousands of Australians while serving with the RFDS.

**THE COMMITMENT** and courage of one of the most remarkable figures in RFDS history will inspire a new generation of health professionals.

The Robin Miller RFDS Nursing Scholarship is named in honour of a woman who dedicated her extraordinary – but tragically short – life to the care of others.

Robin became famous as 'The Sugarbird Lady' while working with the RFDS as both a pilot and nurse during the 1960s and 1970s.

Her nickname was earned flying to remote communities in north and western WA, encouraging Aboriginal children to take the

new Sabin polio vaccine by dispensing it on sugar cubes.

Robin took up her unique mission after completing nursing training at Royal Perth Hospital in 1958. While acquiring further qualifications including midwifery, she also worked to obtain a commercial pilot's licence and in 1967 borrowed funds to buy a Cessna 182.

The aviatrix would administer 37,000 doses of the vaccine and carry out many other emergency nursing duties while flying almost 70,000 kilometres before developing melanoma and passing away in 1975, aged just 35.

Robin's sister, Patsy Millett, said her sibling was a "one-off" who undertook her work without the desire for recognition.

"It would be difficult to find anyone – let alone a woman – who made such a single-handed contribution to the saving of so many lives in remote regions of WA," Patsy said.

"The RFDS became her life and there is no doubt she would have continued her close association in all its aspects."

Robin was drawn, some say born, to serve isolated communities of Australia's north-west through a strong personal connection.

She was the daughter of pilot Captain Horrie Miller and author Dame Mary Durack, whose family were pioneering pastoralists in the vast remote corner.

“Robin had a close affinity with Aboriginal people which was of considerable advantage during her time as ‘The Sugarbird Lady’ and subsequently when operating in outback areas,” Patsy said.

During her extraordinary life, Robin co-piloted nine aircraft from foreign shores to Australia, including eight ferried across the globe for the RFDS. Her aviation exploits earned her the 1970 Nancy Bird Award as Australia’s woman pilot of the year.

Initiated by RFDS Tasmania in 2013, the Robin Miller RFDS Nursing Scholarship has been established in conjunction with RFDS Central Operations and the University of Tasmania School of Nursing and Midwifery.

“Given Robin’s modesty one can only guess at what her reaction would have been to this tribute to her achievements,” Patsy said.

“It is the hope of Robin’s family that this scholarship in her name will inspire a new generation of RFDS nurses and health workers to look at just what she undertook in her short lifetime and be inspired by her courage and spirit.

“She was always on the lookout for likely recruits to the RFDS who were prepared – like herself and other dedicated staff members – to work ‘over and above the call of duty’.”

The scholarship will be awarded annually, giving a University of Tasmania student the opportunity to spend two weeks alongside RFDS Central Operations staff at Port Augusta or Alice Springs.



> **Inaugural Robin Miller RFDS Nursing Scholarship recipient Jordan de Hoog.**

## Jordan inspired by Robin’s feats >

**JORDAN DE HOOG** is a fitting inaugural recipient of the Robin Miller RFDS Nursing Scholarship.

The University of Tasmania student has dedicated his own career to serving isolated areas, and is inspired by what he’s learned of “The Sugarbird Lady”.

“Robin Miller is someone to look up to and respect as one who had compassion and not only a desire to help, but the dedication to put it into action and deliver change to people who need it,” Jordan said.

“Robin made the most of her opportunities and went far in the short life that she had.

“I admire that attitude of making the most of your time and opportunities and doing really good things.”

Jordan undertook his placement at Port Augusta Base in September, accompanying RFDS crews on fly-in clinics and patient transfers across the enormous area served by RFDS Central Operations.

“Coming from Tasmania being a small state and also being young, I guess I have taken health care within the whole of Australia for granted,” he said.

“But I now see what vast distances are involved in reaching remote communities.

“The delivery of health care in these places

can’t be taken for granted without the work of the RFDS.

“To be able to participate in the delivery of essential care is very rewarding and it has reinforced what I want to do.”

Jordan is fast-tracking his nursing degree and after graduating in 2014 aims to begin his career abroad.

“I am interested in getting involved in overseas missionary work in developing countries and areas,” Jordan said.

“That is why I have chosen nursing and I am very thankful for the scholarship because the RFDS does a lot of remote area primary health care which is very much in line with where I would like to use my skills in the future.

“The scholarship is a unique experience with great learning opportunities and I know it will be of great benefit to me as I enter nursing.”

Jordan – whose placement coincided with what would have been Robin Miller’s 73rd birthday – says he will consider pursuing a role with the RFDS in the future, but is content to make nursing his sole pursuit, without taking on the extra role of pilot.

“It seems like an attractive combination to be able to do both health care and flying like Robin did, but it would make for a very long career path,” he said.

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**THE GHAN**



Time to explore.

## Amanda's national role >

**AFTER A LONG CAREER** as a Senator and Minister in Federal Parliament and a diplomat, Amanda Vanstone brings strong skills of negotiation, advocacy and representation to her new role as Chair of the National Board of the RFDS.

The proud South Australian was appointed to the position in September 2013.

"It is a great privilege to join this dedicated team," Mrs Vanstone said.

"Doctors, nurses, pilots, engineers, administration support staff and board members are all working to ensure the RFDS delivers the finest care to the furthest corners of Australia."

Mrs Vanstone – who retired from Parliament in 2007 before taking up the posting as Australia's Ambassador to Italy – says her key objective is to ensure the RFDS nationally receives adequate funding to support Australians wherever they are.

"Australia's geographic size creates real challenges for the delivery of health services," she said.

"Together with all governments around Australia, we want to ensure that our existing extensive infrastructure is used to maximum advantage in delivering the most efficient and effective services possible to rural, remote and regional Australia."

Mrs Vanstone is the first South Australian to lead the RFDS National Board since Dr Ian Gould, the first independent appointed Chairman of the National Board and a current Board Member of RFDS Central Operations.

Central Operations is represented on the RFDS National Board by our Deputy Chairman Loretta Reynolds.



> RFDS National Board Chair Amanda Vanstone with RFDS Central Operations Flight Nurse Mary Ann Humphris.



## Riding high for the RFDS >

**RFDS CREWS** see their ‘waiting room’ from the air every day, but it is on the ground where they get the greatest appreciation of the challenges facing the people they serve.

So *Wings on the Road 2013* gave three RFDS Central Operations staff and a Board Member, together with their fellow riders and support team, a unique insight into life in outback Australia.

Across 15 days in July, they rode mountain bikes across almost 1,200 kilometres of rugged NT dirt tracks, from Timber Creek south to Alice Springs.

In the process – at their own cost and while taking annual leave – they raised an amazing \$62,158.30 for the RFDS.

The riders, including RFDS Medical Practitioner Dr Andy Killcross, Senior Flight Nurse Barb White and Operations Manager Phil Moran, pedalled by day before being hosted by communities and station-owners at night.

“It was a fantastic opportunity to spend time with these people outside of the normal clinical setting, giving us the time to really chat and hear from them about their lives and needs,” Andy said.

“We were able to hear from these people about their perceptions of the RFDS and what we could do to help them even more.”

The route took the adventurers along Binns Track, first on the western side of the Stuart Highway and later through the Eastern

MacDonnell Ranges, before reaching the finish line outside the RFDS Alice Springs Tourist Facility.

“We had a number of times where the track would turn into sand dunes and it was a case of pushing your bike through it,” Andy said.

“At times we had several kilometres of sand, and on one occasion we had to put the bikes on a vehicle to get them through.”

The six cyclists wouldn’t have made it without a dedicated back-up crew, including Board Member Brendan Eblen.

The team was overwhelmed by the generosity of donors, community members and sponsors.

“It was a huge achievement for the entire group, but we were only able to reach our target and then exceed it because of the generosity of donors and the many people and communities who supported us along the way,” Andy said.

This year’s event was a follow-up to *Wings on the Road 2008* which took participants from Alice Springs to Adelaide via the Oodnadatta Track.

> **The *Wings on the Road 2013* team reach the RFDS Alice Springs Tourist Facility – Mark White, Joy & Rob Farley, Barb White, Michael Leedle, Matt Bunton, Brendan Eblen, Dr Andy Killcross, Ebony Berry, Mike Chapman, Phil Moran, Sven Kopf and Mark Watts.**

## Bill’s lucky buy >

**A SNAP DECISION** to support the Flying Doctor paid big dividends for the first prize winner of the RFDS 2013 Major Lottery.

Shop-owner Bill Roumeliotis won a Toyota RAV4 valued at \$37,379 and donated by loyal RFDS corporate partner Peter Kittle Motor Company.

“I was in the post office next door and I was just getting behind a very worthy cause,” Bill said.

“It was the last two tickets in the book. I snapped them up and a couple of months later I was pleasantly surprised.”

“I have never won anything before and I thought it was a bit of a joke to start with because I’ve got a few mates always playing pranks on me.”

“This is a fantastic outcome and I am very thankful to the RFDS and Peter Kittle Motor Company.”

The RFDS thanks everyone who purchased a ticket and all prize donors, with proceeds supporting our vital fundraising effort.



> **Bill Roumeliotis (back left) receives his prize from Peter Kittle Motor Company General Manager Warren Tudor (back right), Chief Executive Officer Tom Kelly (front left) and RFDS General Manager of Marketing & PR Charlie Paterson.**

# Road to recovery from Nullarbor highway hell >

**DRIVING WEST** through the emptiness of the Nullarbor Plain on 1 January 2010, Pat and Judith were eagerly anticipating an ocean cruise from Fremantle to Bali.

However, this was to be anything but a Happy New Year as the couple's lives were turned upside down and Judith came millimetres from never walking again or even death.

It was a harrowing experience that triggered an emergency response demonstrating the expertise of the RFDS and its commitment to Australians anywhere anytime.

Little did they know the very road they came to grief upon would become a stage for their salvation.

Mid-afternoon that New Year's Day, around 100 kilometres from the SA-WA border, 66-year-old Judith nodded off while driving along Highway One.

Pat, 69 – asleep in the passenger seat of their four-wheel-drive ute having driven an earlier shift – was woken by his partner's screams.

"I went to sleep and the next thing I heard was a yell," Pat recalled.

"Judith had fallen asleep at the wheel and was on the wrong side of the road on the metal.

"The ute rolled about six times and I wondered 'when the hell is it going to stop rolling?'"

Judith still struggles to comprehend how it happened.

"We had certainly not had a late night because we're both too old and too sensible to have celebrated New Year's Eve and I don't even drink. I just nodded off and we had the most horrific crash," Judith said.

Both were certainly saved by wearing seatbelts and while Pat escaped with cracked ribs, Judith was far worse.

"Somehow, the ute landed on its 'feet'," Pat said.

"Judith was making a gurgling sound, but at least she was alive. At that stage, I didn't realise she had a broken neck, a broken ankle and a cut to the head that would need 50 stitches."

A passing motorist stopped and flagged down a truck driver who radioed police.

Fortunately, three nurses came upon the scene within 15 minutes. Recognising the likely severity of Judith's neck injury, they insisted she not be moved until an ambulance arrived.

The information reaching emergency services demanded an aerial retrieval of the survivors to hospital in Adelaide.

As the rest of Australia celebrated New Year's Day, a RFDS Pilot and Flight Nurse



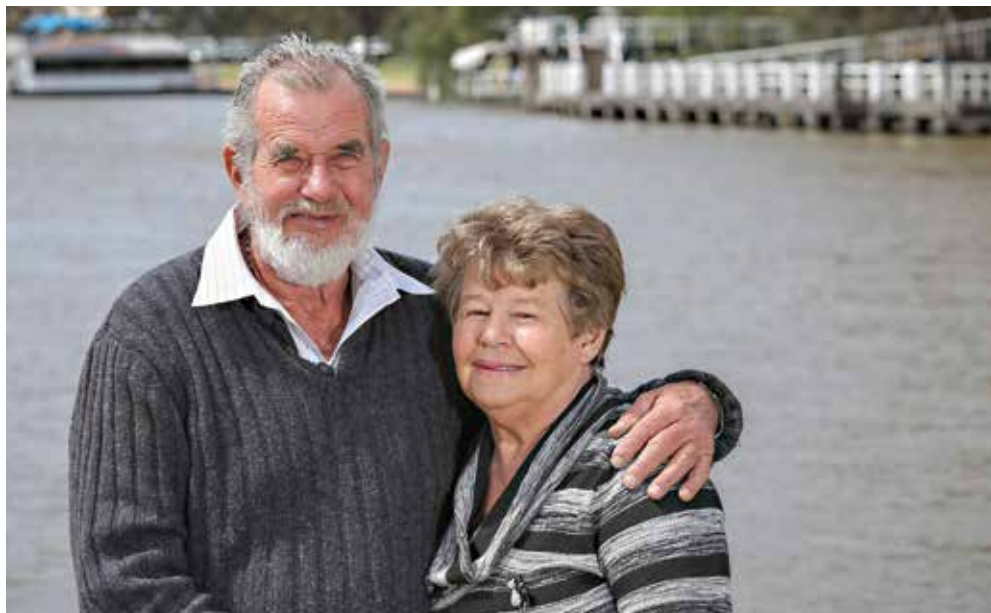
> The crumpled four-wheel-drive ute sits in scrub after rolling off the Eyre Highway.

accompanied by a MedSTAR retrieval team departed Adelaide Base heading west.

While Nullarbor Roadhouse was the closest established airstrip upon which they could land, there was a closer – and quicker – option.

The crash happened just a few kilometres from a RFDS emergency roadstrip named 'Chadwick' – a widened and specially marked 1200 metre stretch of the Eyre Highway.

With precise coordination, communication and execution, the road can be closed to allow an emergency aircraft landing.



> Pat and Judith are living happily after their extraordinary New Year's Day rescue on the Nullarbor.

In control of the Pilatus PC-12 that day was RFDS Central Operations Flight Training & Standards Manager Matthew Cosier, who executed a text-book landing.

"We can do a roadstrip landing if we have to, when there is no closer strip," Matthew said.

"We maintain communication with police and authorities on the ground who close the road at either end of the strip and create plenty of room.

"With all that in place, it is really no different than landing on a runway at an airport.

"I even carried portable lighting to allow

for a night take-off if we needed it."

The strategic location of the 'Chadwick' roadstrip ensured help reached Judith and Pat sooner than if the medical team had to be driven from Nullarbor Roadhouse.

Pat recalls hearing the RFDS plane touch down, also carrying Flight Nurse Karyn Paterson.

"I couldn't see it, but I could hear it – that's how close that landing strip was," he said.

"It was really magic. It was just great. Judith probably wouldn't be around otherwise. It's as simple as that.



> Distinctive signs mark the location of RFDS airstrips on major highways.

"The RFDS is a magic service. Hopefully we won't need it again, but it's there if you need it."

Judith spent a week in intensive care and has undergone many months of rehabilitation.

"She's lucky to be alive and that's only thanks to the RFDS," Pat says.

"They do such a good job and that's why we give donations every year.

"We're also grateful to the nurses and others passing by, including police, State Emergency Service crews and the road ambulance for helping the RFDS to rescue us. Thank goodness for them all."





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# RFDS hosts joint training first in Central Australia >

**THEY WORK** together to assist people in Central Australia every day, but Alice Springs-based health professionals have trained independently – until now.

The RFDS Alice Springs Base hosted the first joint program in July 2013, bringing together those involved in the delivery of emergency aeromedical retrieval services.

RFDS Flight Nurses, Alice Springs Retrieval Service Doctors, Alice Springs Hospital staff and St John Ambulance NT personnel participated in combined training normally undertaken among specific groups.

RFDS and NT Health staff combined their expertise to present workshops including an Aircraft Safety Induction Program preparing staff for the unique environment they find themselves in.

Emergency medical training covered areas including rapid response anaesthesia, ventilation, circulation, severe infection, obstetrics, mental health and ultrasound.

“The delivery of emergency medicine and

health services inside aircraft and at locations a long way from a hospital or clinic is a highly specialised area,” said RFDS Health Services Education and Development Manager Rosemary Moyle.

“The RFDS has 85 years of experience serving people in the Australian outback and we are uniquely placed to help train health professionals involved in the delivery of this care in rural and remote areas,” Rosemary said.

Course Director and Alice Springs Retrieval Service Director Dr Richard Johnson said the joint program had many benefits.

“Critical care retrieval requires a team approach by highly trained and specialist staff so it is essential that we train closely together to cement the bonds of that team, and have a deep understanding of what each other is thinking and doing,” Richard said.

**> Participants in the joint training course at the RFDS Alice Springs Base.**

Photo by Barry Skipsey courtesy The Centralian Advocate.



**> Ahrens Managing Director Stefan Ahrens with Flight Nurse Michael Penno and the newly-donated humidicrib.**

## A big gift for little wonders >

**THE FLYING DOCTOR'S** tiniest patients will travel in the greatest safety as they receive the finest care, thanks to a generous RFDS Corporate Partner.

A Major Event Partner of Wilpena Under the Stars, Ahrens made a further contribution to fund the \$20,000 purchase of a humidicrib for use aboard RFDS aircraft.

“We need to give back to the community and we see the RFDS as a lifeline to rural and remote communities,” Managing Director Stefan Ahrens said.

A SA-based engineering and construction group, Ahrens has staff at remote sites across Australia including Olympic Dam.

“It’s not just about the safety of our workers when they are at work,” Stefan said.

“We also want to look after our workers at home along with their families and the wider community.

“If somebody’s having a baby we want to make sure that the best available assistance and the necessary equipment are there.

“If we can help that in a very small way by supporting the RFDS, that’s something we are delighted to do.”





> RFDS Board Member Janet Chisholm with Coral Allan in Alice Springs.



> RFDS Chairman David Hills (centre) and CEO John Lynch (right) with Ken Lamb, Marie McCormack and Val Lamb at Roxby Downs.



> Beth Hayes, Sheila Cotton and Beth Martin at the Adelaide Auxiliary AGM.



> Gypsey Sandow with RFDS General Manager Marketing & PR Charlie Paterson in Clare.

# Volunteers honoured in 85th birth

**THE 85TH ANNIVERSARY** of the RFDS was an opportunity to present our highest volunteer honour to 10 extraordinary individuals with more than two centuries of service between them. The RFDS Central Operations Board approved RFDS Meritorious Service Awards for:

- **Coral Allan**, Alice Springs Auxiliary President;
- **Sheila Cotton**, Holdfast Bay Dinner Club President, Adelaide Auxiliary Member;
- **Beth Hayes**, Adelaide Auxiliary Member and former Committee Member;
- **Ken Lamb**, Roxby Downs Auxiliary Founding Member;
- **Val Lamb**, Roxby Downs Auxiliary Founding Member;

- **Beth Martin**, Adelaide Auxiliary Member;
- **Leo McCormack**, Roxby Downs Auxiliary Founding Member;
- **Marie McCormack**, Roxby Downs Auxiliary Past-President;
- **Gypsey Sandow**, Clare Support Group President; and
- **Helen Taylor**, Port Augusta Auxiliary President.

RFDS Meritorious Service Awards are presented to recognise long and significant voluntary service to the Flying Doctor.

They were awarded at events during 2013 by RFDS Chairman David Hills, other Board Members and senior executives.

"The RFDS can't exist without people like those who form our auxiliaries and support groups," Mr Hills said.

"Volunteering is something that Australians do really well and the RFDS is blessed to be right at the top end of volunteering, so I can't thank you enough for what you are doing for us."

RFDS Central Operations CEO John Lynch said RFDS volunteers reflect the values of the organisation.

"It's a wonderful thing to see people so proud to be associated with the RFDS, but humble in the way they discharge their duties and present themselves," Mr Lynch said.



> Helen Taylor with RFDS Board Member Glenise Coulthard.

## nday year >

"That is what earmarks the RFDS. We are proud of who we are, we are proud of what we do, but we do it with an integrity that says we are here to serve and we will continue to serve."

Recipients had no prior knowledge of their awards, with Sheila's reaction typical of all honoured.

"I really didn't expect it, so thank you ever so much," she said.

"It's always been a privilege to work for the Flying Doctor and it's been something very special in my life."

**If you're interested in joining a RFDS Auxiliary or Support Group, call Volunteer Coordinator Debbie Adams on 08 8238 3314.**

# A decade of improving lives >

**A PIONEERING RFDS** preventative health program improving well-being in isolated communities will reach a major milestone thanks to the support of the Li Ka Shing Foundation.

The Hong Kong-based philanthropic organisation has funded the RFDS Healthy Living Program (HLP) since its launch in 2007, and this year confirmed its backing for a further three years, achieving a decade-long commitment.

The HLP is a preventative health program assisting communities to adopt regular exercise and improved nutrition to reduce the impact of chronic illness.

Speaking for the Li Ka Shing Foundation, Mr Peter Tulloch said: "The HLP has consistently provided high quality services and the Li Ka Shing Foundation is delighted to cooperate with the RFDS to provide funding for its meaningful program."

RFDS Central Operations CEO John Lynch said long-term funding was critical.

"From the outset, the Li Ka Shing Foundation and the RFDS were

determined to deliver a program sustainable over a long period because that is the way to create generational change and make lasting differences to health outcomes in isolated areas," Mr Lynch said.

The HLP has helped Coober Pedy resident Christine Radford turn around her diabetic condition.

"It makes you want to put in more effort, set goals and keep advancing – not only in health, but other things like your social life and community involvement," Christine said.

RFDS Physical Activity & Lifestyle Advisor Jessica Thomas and her colleagues are rewarded by the program's impact on individuals and communities.

"When someone says to you how much it means to them and that you have helped them to improve their lives, that makes it really worthwhile," Jessica said.

> **RFDS Healthy Living Program Physical Activity & Lifestyle Advisor Jessica Thomas with Christine Radford in Coober Pedy.**



# Thank you for your support >

## Nicky's triumphant trek for the RFDS >

Having lost 115 kilograms and tackled mental health issues, Nicky Gallas took a 1500-kilometre walk from Alice Springs to Adelaide in her stride. She embarked on her 15-day 'No More Excuses' walk in April, raising \$10,000 for the RFDS. "I am raising funds and awareness for the RFDS, who look after people not only in my home town of Alice Springs where we can be so isolated, but all over Australia," Nicky said.



> Nicky Gallas embarks on her 'No More Excuses' walk from Alice Springs to Adelaide.

## Golf fundraiser drives another big donation >



> RFDS General Manager of Marketing & PR Charlie Paterson accepts the 2013 donation from PESA-SPE Golf Day committee members Alan Carey, Andy Pietsch, Claudia Fintina, Nick Dunstan and Doug Roberts.

The 34th Petroleum Exploration Society of Australia (PESA) and Society of Petroleum Engineers (SPE) Golf Day raised \$30,000 for the RFDS. Held at Flagstaff Hill Golf Club, the 2013 event attracted 144 golfers, with more attending the dinner auction. Since 1977, the event has raised more than \$287,000 and organisers have set their sights on cracking the \$300,000 mark in 2014. "Our whole industry relies on the RFDS and people are willing to open their wallets for a worthy cause," said organiser Andy Pietsch.

## Winners all around in Darwin triathlon first >

The RFDS was just one of the winners in the inaugural Sitzler Baulderstone Joint Venture (SBJV) Darwin Triathlon. More than 140 people swam, cycled and ran around East Point as individual or team entrants, with 80 per cent tackling their first triathlon. As well as attracting new people to the sport and improving community health, the triathlon raised \$8600 for the RFDS. "The Flying Doctor is a cause close to my heart and it is exciting when you are in an opportunity to help people who help you," organiser Maddie Nicholson said.



> The NT Department of Health fielded several teams in the inaugural SBJV Triathlon in Darwin.

## BAE Systems on board in a big way >

The management and staff of BAE Systems have embraced the RFDS, contributing more than \$150,000 to our cause. The RFDS is the sole charity beneficiary of the BAE Systems Community Investment Fund, receiving donations generated by company events, a workplace giving scheme operated through the staff payroll, corporate donations and event sponsorship.

The BAE Systems staff effort goes even further, with a team of employees volunteering their time to assist at the annual RFDS Wings for Life Gala Ball in Adelaide. BAE Systems Chief Executive Officer David Allott made the latest donation of \$50,000 at this year's 'Snow Ball' and said staff were proud to support the RFDS.

> BAE Systems CEO David Allott presented a \$50,000 cheque to RFDS Chairman David Hills at the 2013 Wings for Life 'Snow Ball'.



# Your gift can make a difference >



## RFDS Single Christmas Card

RFDS unique design with Christmas message inside. 21cm x 10cm with envelope.

**\$1.00 each**



## Christmas Card Pack

Three unique designs with Christmas message inside. RFDS message of support on the back. Various sizes with envelopes.

**\$6.00 (6 cards in a pack)**



## 2014 Calendar

Featuring 12 unique Australian images. 30cm x 21cm with envelope.

**\$15.00**



## Mantle Of Safety Cookbook 3

Recipes from the hearts and homes of RFDS volunteers.

**\$15.00**



## Stainless Steel RFDS Drink Bottle

Stainless steel drink bottles, 750ml, retain the flavour and purity of the water and are the most hygienic drink bottle option.

**\$15.00**



## RFDS Bridge Scorer

Show your support for the 'Flying Doctor' when keeping score of your card games this summer holidays.

**\$3.00**

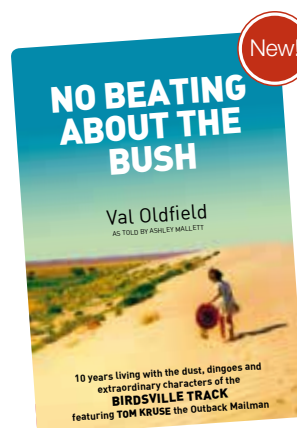


## Wings Badge

RFDS wings make the ideal tie or lapel pin.

Measures: 26mm x 12mm.

**\$5.00**



## No Beating About The Bush book

Val Oldfield's story of 10 years living on the Birdsville Track, including many experiences with the RFDS.

**\$32.00**

# Your order form >

RFDS MERCHANDISE	PRICE	QTY	TOTAL
RFDS Single Christmas Card	\$1.00		
Christmas Card Pack	\$6.00		
2014 Calendar	\$15.00		
Mantle of SafetyVersion 3 Cookbook	\$15.00		
Stainless Steel RFDS Drink Bottle	\$15.00		
RFDS Bridge Scorer	\$3.00		
Wings Badge	\$5.00		
No Beating About The Bush book	\$32.00		

**Order Subtotal**

**POSTAGE & HANDLING CHARGES (FOR ABOVE VALUE)** please tick

Order value: \$1 - \$15	P&H charge: \$3.00 <input type="checkbox"/>
Order value: \$16 - \$30	P&H charge: \$8.00 <input type="checkbox"/>
Order value: Over \$31	P&H charge: \$12.00 <input type="checkbox"/>

**YOUR DONATION – THANK YOU**  
(tax deductible over \$2)

**RFDS CHRISTMAS GIFT CARDS (INCLUDES POSTAGE)**

Coast to Coast	\$25.00		
Outback Arrival	\$25.00		
Mercy Flight	\$50.00		
Bush Legend	\$50.00		

**Order Total**

Save time, order your  
Christmas gifts today!

# Your details >

Items and receipts will be delivered to the nominated address below.

Title	First Name
Surname	
Address	
Suburb/Town	
State	Postcode
Daytime telephone (       )	
Email	

Method of payment

☐ Cheque/Money Order enclosed and made payable to:  
RFDS Central Operations.

☐ Visa      ☐ Mastercard      ☐ AMEX

Card number	
Expiry                      /	
Cardholder's name	
Signature	
CVV	<small>*The last three digits of the number printed on the signature panel on the back of your card. (AMEX: four digits on the front)</small>

☐ Please send me information about arranging a regular donation to the RFDS.

☐ Please send me information about including a gift to the RFDS in my will.

☐ I have included the RFDS in my will.

Please check carefully that: the order form is fully completed, including allowance for postage and handling, and your details and payment completed. Use the reply paid envelope enclosed or post to: Royal Flying Doctor Service – Merchandise PO Box 381 MARLESTON SA 5033 or Fax: 08 8238 3395.

All prices are inclusive of GST. All postage prices are for postage within Australia only. If you have any questions, please call us on 08 8238 3333 during business hours. Thank you for supporting the Royal Flying Doctor Service.

# 'Donate' a Christmas gift that saves lives >

## Buy a RFDS Gift Card

Are you looking for a great Christmas solution for that hard-to-buy-for person? This Christmas, make a donation to the RFDS in the name of a friend or family member and we will send you an RFDS card to give to the recipient.

Each Gift Card showcases a signature image of our RFDS aircraft at work, making it the perfect addition to the mantelpiece.

Save on postage and give a Gift Card that makes a difference.

### It's simple!

1. Four Gift Cards are available, with values of \$25 and \$50. Each Gift Card includes a printed Christmas greeting and mentions that a donation has been made to the RFDS as your Christmas gift.
2. Choose one or several, and complete the order form inside the *AirDoctor* magazine, or call us to order on (08) 8238 3333.
3. The amount you pay for Gift Cards is a tax deductible donation to the RFDS – we will send you a receipt.
4. We will send you the Gift Cards, with envelopes. Just add your name (and personal greeting if you wish) before giving your Gift Cards to family and friends on Christmas Day.

RFDS Christmas Gift Cards indicate you have given a Christmas donation to the RFDS with your recipient in mind. They have no cash value and are not redeemable for purchase of RFDS merchandise.

Card size: 99mm x 210mm wide (DL).

**\$25**  
Coast to Coast



**\$25**  
Outback Arrival



**\$50**  
Mercy Flight



**\$50**  
Bush Legend



**Season's  
Greetings**

Dear \_\_\_\_\_

As my Christmas gift to you,  
I have made a donation to the  
Royal Flying Doctor Service, to  
help it provide 24/7 emergency  
aeromedical and primary health  
care in remote and rural Australia.

# LIGHT UP YOUR NIGHT...

Share in an *unforgettable* experience, as a signature Flinders Ranges sunset welcomes a night of wonder beneath a constellation of stars above Wilpena Pound.

You'll be treated to *stunning* food and wine, *outstanding* live entertainment and great company amid a landscape as *beautiful* and *exhilarating* as it is ancient and authentic.

Enjoy a *sumptuous* three-course meal accompanied by *renowned* Jacob's Creek reserve wines and Coopers' finely *crafted* ales, as a night of fun, *glamour*, music and dancing gives the outback a different glow.

An RFDS Event  
**WILPENA**  
UNDER THE STARS 2014

**SATURDAY 15 FEBRUARY 2014**  
**6:30PM – 12:30AM**

\$190 per person (Includes dinner, refreshments and local shuttle bus to and from event)

Strictly **black tie** | Tickets **PRE-SOLD** only

**TICKETS ON SALE**  
**8.30AM MONDAY**  
**2 DECEMBER 2013**

To purchase your tickets please contact the Royal Flying Doctor Service **(08) 8238 3333**

All proceeds benefit the Royal Flying Doctor Service.

FEATURING  
**DENI HINES**

## MAJOR SPONSORS



## SUPPORTING SPONSORS



## AN RFDS EVENT



# FREE FLIGHTS, NIGHTS and INCLUSIVE TOURS

Discover the beauty and wonder of the Northern Territory and South Australia with free return flights to and from your journey at no extra cost. What better way to explore the tropical Top End and red heart of Australia than with a Katherine Gorge cruise, Alice Springs Desert Park tour, or take the time to see the sights of South Australia and more.

## THE GHAN

Sydney > Darwin > Adelaide > Sydney (FFSD)

**\$2290** pp  
**4 NIGHTS/5 DAYS**  
Twin Share Gold Service.

- ✓ **FREE** Virgin Australia flight, Sydney to Darwin.
- ✓ **FREE** 2 nights accommodation at DoubleTree by Hilton Esplanade Darwin.
- ✓ 2 nights Gold Service, Darwin to Adelaide.
- ✓ Off Train Excursions in Katherine and Alice Springs.
- ✓ All meals and beverages onboard.
- ✓ **FREE** Virgin Australia flight, Adelaide to Sydney.

**Don't miss out,** packages are available from Adelaide, Melbourne, Sydney, Perth, Brisbane and Darwin.

Enjoy hundreds of dollars worth of additional value when you book now for travel from 1 December 2013 to 28 February 2014. For further travel dates ask about our Gold Service Single fares.

**Call 1800 023 481, visit [greatsouthernrail.com.au](http://greatsouthernrail.com.au)  
or your local licensed travel agent.**



**Terms and conditions:** A limited number of Fly & Stay Free Offers are available on selected itineraries. Fares based on twin share per person and include fuel surcharge. For new bookings only from 1 August 2013 to 31 December 2013, unless sold out prior, for travel 1 December 2013 to 28 February 2014. Limited cabins on set departures and subject to availability and blackout dates. All fares listed are one way. All fares include fuel price surcharge. Offer subject to availability at time of booking and may not be available on the date first requested. A 50% deposit is required at time of booking; full payment will be required 45 days prior to departure date. Booking, credit card and amendment fees may apply. Offer cannot be combined with any other offer, unless specified. Seasonal surcharge and event periods may apply to hotels. Flights are in economy class with Virgin Australia (or another airline of Great Southern Rail's choosing), and are subject to availability of airline and booking class. Once class sold out surcharges may apply. Flights may not be direct and travel via connecting Virgin Australia services may be required. Flight durations are an indication only. Flights must be booked by Great Southern Rail. Once air tickets are issued, airline amendment and/or cancellation fees apply and, in some cases, are non refundable. Offer includes airfares and air taxes. Accommodation is based in each destination at one hotel and standard of room as chosen by Great Southern Rail, and is subject to availability. Once the chosen hotel and standard of room is sold out surcharges will apply. All fares and timetables are subject to change without notice. Conditions apply. For general terms and conditions of carriage please visit [www.greatsouthernrail.com.au](http://www.greatsouthernrail.com.au). Travel agent License No. TTA164190.

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**THE GHAN**  
  
Time to explore.