

Top End night flight to save a baby boy

Use of Night Vision Goggles made it possible for CareFlight to airlift an 18-day-old baby boy from Katherine to hospital in Darwin in January.

It was a most worthwhile inaugural mission for our team which has been deployed to the Top End to provide support to the Northern Territory government.

This first mission was conducted by CareFlight for the NT Department of Health and Families (DHF) on 5 January just after 11pm carrying a doctor and nurse from the NT Aero Medical Services (NTAMS) team.

Our Night Vision Goggles (NVG) capability allowed the flight crew to land at Katherine Hospital helipad instead of the Tindal Airport, significantly reducing the time taken to retrieve the baby to Darwin for specialist treatment for his pneumonia and respiratory distress.

This retrieval conducted by CareFlight and DHF NTAMS team was the first civilian retrieval utilising the Night Vision Goggle (NVG) technology in the Northern Territory.

The medical team requested the CareFlight crew fly the return trip at a lower than normal altitude for the baby's respiratory benefit. Due to the NVG capability the pilot was able to fly safely at only 1500 ft, which would normally not be possible without such night vision capability.

Baby Alex was delivered to the Darwin Hospital just under four hours after departure in a stable condition. The helicopter team later visited baby Alex and presented the family with CareFlight bears as a memento.

Providing a dedicated medical and rescue helicopter to the NT Government is another pioneering success for CareFlight following our deployment of helicopter and medical teams to a series of exercises conducted by the army in northern Australia last year.

Having this helicopter, with its special medical and rescue capability, is allowing the NT government to provide more reliable support to Top End communities, especially at night and quickly to ill and injured patients at accident sites and locations that are difficult to reach. ✕



The Night Vision Goggles used by our helicopter crew thanks to the generosity of CareFlight donors.

Rescue Ted's life



Just being a CareFlight Bear is on its own a great honour. Being adopted by a loving family, playing with the kids (and sometimes the pets) can be really grand.

But being adopted by a hugely addicted Motor Sport Official can be described only as Awesome.

The first race meeting I attended was Bathurst in '93 being part of the Flag team on the hump of Mountain Straight. Then within a few weeks it was on to the Beach Straight at Surfers Paradise for the Indy Cars. It was here that I was christened Rescue Ted.

Since then Motor Sport has become a huge part of my existence. There have been an innumerable number of club, historic and open meetings at Oran Park, Eastern Creek and Wakefield Park along with a couple of

Continued on page 4...

Innovation and bequests save lives

In our first mailing to donors in 2009, CareFlight both thanks our regular donors and asks for your financial support long into the future... by including a gift to CareFlight in your Will.

While it takes many thousands of dollars to undertake a patient mission, there's a huge extra cost to introduce innovations such as new medical monitors, improved navigation equipment and devices such as Night Vision Goggles.

Our charity relies on one-off, larger donations to fund the innovations. Donations, for example, like those provided in a bequest which is a donation made in a Will.

Yes, it's a sensitive subject. But at CareFlight we deal with life and death every day where our patients are adults and children...

so I am only too well aware of the effect of losing a loved one. But some good can come out of sadness.

Through our Will, in passing we can ensure our family and loved ones are taken care of. And we can live on by helping to save the lives of others.

A bequest is an amount of money that you bequeath in your Will. It's usually done as a

percentage so that other beneficiaries are not disadvantaged if the value of your estate changes.

For you, it's a chance to leave a donation you might not be able to afford now. For CareFlight, it provides a larger, one-off, gift that allows us to pay for expensive equipment, training or other initiatives.

For our future patients it means life-saving innovations will continue to enhance our service. Your bequested support will live on in the hearts, minds and memories of those we have yet to save, and their families.

If you would like to know more about leaving a bequest to CareFlight, give us a call (02 9891 6144) or go to our web site (www.careflight.org). ✕

Ian Badham OAM

Founding Director, NRMA CareFlight

Save future lives
by leaving a bequest
in your Will





UPCOMING EVENTS

Sussex Inlet Choppers for Charity Weekend – Fri 27 Feb to Sun 1 March

The annual Choppers for Charity weekend in Sussex Inlet is now a landmark South Coast event. There's activities to suit all ages and interests, the weekend starts with a barefoot lawn bowls contest and now a first in the "NRMA CareFlight Flathead Fishing Competition". Also a Dinner Dance, Golf Day, Street Parade and Community Festival.

NRMA CareFlight 4WD Venture – Sat 28 Feb to Mon 2 Mar

Our next Venture takes us down the NSW South Coast from Nowra to Sussex Inlet, Mogo, Batemans Bay, and Nelligen. You don't need a specialised 4WD – most All Wheel Drive vehicles (eg Forrester, CR-V, X-Trail, etc) will drive the course with ease.

Caravan Venture – Sun 22 Mar to Sat 28 Mar

The return of the Caravan Venture to our events program has been long awaited. This week-long adventure is for anyone with a camper, caravan or motor-home. Come along s and enjoy a week of fun, laughs, camaraderie, great sights and adventure.

Gosford City Aeromodellers Annual Air Show – Sat 2 May

Last year's Air Show was a cracker so put this date in your diary now if you have any interest in aviation – big or small. Featuring helicopters and aeroplanes of various scales the day will keep young and old in awe of these magnificent men and ladies and their flying machines. The day will also feature a real Pitts Special aerobatic display and the NRMA CareFlight Rescue Simulator.

2009 NRMA CareFlight Woodford to Glenbrook Classic – Sun 28 June

Note the date now! Entries will be open via the NRMA CareFlight website in early April. If you own a bike or if you can run the 25km course we'd love to have you along. Watch the website for details.

For information

Please see our web site (www.careflight.org) or call the events team (9689 8124). ✕

Join our next adventure

What an adventure! The November Venture is now part of CareFlight history and the 75 people who participated are coming back for more.

On a Friday morning, following breakfast cooked by Castle Hill Lions, 28 vehicles lined up at the Westmead base for a briefing then set out on an exciting 600km journey through the back of the Blue Mountains via Little Hartley where the Farmhouse Cafe staff kindly donated over \$200 back after the morning coffee stop.

Then it was on to farms and the Six Foot Track to the beautiful Cox's River for lunch and on to Oberon through pine forests where the Big Trout motel put on dinner.

On Saturday's first stop at Kanangra Walls the clouds parted (apparently just for us!) to reveal a spectacular view before bush tracks and a river crossing on the way to Taralga. Making their way up a forest track all vehicles were pulled over by a radar trap where most copped a fine for going too slowly!

Lunch at Mt Werong preceded a short trip to the Kenjoy Museum before accommodation at either Wombeyan Caves or a little hotel in Taralga. The community of Taralga joined our Venture dinner where Blair Munford presented a doctor's view of CareFlight and the local auctioneer kept both money and laughs flowing.



Sunday's weather matched the spectacle inside Wombeyan Caves in advance of a fitting finale at a Southern Highlands winery.

Join our Next 4WD Venture! You don't need a specialised 4WD – most All Wheel Drive vehicles (Forrester, CR-V, X-Trail, etc) will drive the course with ease from Nowra to Sussex Inlet, Mogo, Batemans Bay, and Nelligen. See our web site (www.careflight.org/help/events/) or call the events team (9689 8124). ✕

Christmas on parade

Many thousands of people lined the streets of Sydney to watch the second annual Sydney Christmas Parade in December.

The parade of some 65 floats made its way through the city winding down Hunter Street to George Street, passing by Town Hall into Liverpool Street and finishing up with festivities in Santa's Village at Tumbalong Park, Darling Harbour.

Our charity was featured again. The NRMA CareFlight float (clearly the best of the lot!) was our very own Mobile Rescue Simulator. Staff and volunteers worked at the controls and on the winch as the crew walked alongside handing out brochures. They drove both the truck and the well-branded Hilux, complete with flashing lights, which let spectators know that our float was coming. ✕

Quantum stirs donors

The beautiful art deco Randwick Ritz was the perfect venue for the red carpet spectacular for a special screening of the New James Bond film, Quantum of Solace in November.

Unity4 organised the event, including a very successful raffle and auction after the screening. The Rescue Simulator was parked out front next to a brand new Aston Martin, and paparazzi greeted those attending. Richard Bolus from Unity4 said the event was a huge success as well as a lot of fun.

See the NRMA CareFlight vs James Bond Promo Video which was played just before the movie screening. To see why Cameron Wade's masterpiece received such a huge round of applause, check our web site (www.careflight.org/help/events/). ✕



Missions



Street landing for injured biker

A Castle Hill intersection in Sydney's north-west (above) became an impromptu helipad to allow an NRMA CareFlight flying trauma team to treat an injured motor bike rider in November.

Ambulance, police, fire brigade and NRMA CareFlight rushed to treat the cyclist following a "000" alert at 1.40 pm.

The 55-year-old rider, from Riverstone, crashed and was left briefly unconscious at a roundabout at the intersection of Victoria Avenue and Salisbury Road, suffering a fractured leg, shoulder and head injuries.

Following stabilisation he was taken, under continuing care of the NRMA CareFlight doctor, in a road ambulance to Westmead Hospital for emergency surgery. ✕

Wentworth Falls shines

The annual Wentworth Falls Golf Day was a great success in November as rain held off during the play organised with his usual efficiency by NRMA franchisee John Wilkinson – now at Tweed Heads but formerly at Katoomba – and Rebecca Brown, the manager of the NRMA branch at Katoomba.

Well supported by staff of Wentworth Falls Country Club, it was a great golf day which was also a very successful fundraising event for NRMA CareFlight. Our special mention is for longstanding volunteer Max Goddard who spent his day sheltering under an umbrella at the fifth tee – enticing hackers in the vain hope their shot might land inside the circle. ✕

Vale Nancy-Bird Walton

Australia has lost an icon with the passing of aviation pioneer Nancy-Bird Walton.



Her death at age 93, just as this edition was going to press, marks the end of an era. Her role in flying air ambulance missions in outback NSW meant she had high regard for the work of NRMA CareFlight. Over the past 15 years she served as patron of our "Lift off for Life" fundraising appeal, visited our Westmead base and attended a range of events to support our charity. ✕



Rotarians visit base

A first-hand appreciation of NRMA CareFlight's rapid-response trauma service was the Rotary Club of Chatswood's first activity of 2009 when their members held a dinner meeting at our Westmead base.

During dinner the Rotarians heard about the many aspects of the NRMA CareFlight organisation including a first hand account of a mission flown that day by pilot John Hoad and duty specialist doctor Mary Morgan. John and Mary also recounted some memorable retrievals and spoke of their appreciation for the on-going support of service clubs.

At the conclusion of the tour, President Gerard Say presented a cheque for \$10,000.00 to the on-going work of NRMA CareFlight. This was raised during the club's annual Charity Golf Day late last year. ✕

Boy's window fall

A young boy with a fractured skull was flown to hospital under an induced coma after falling from a first floor window onto a concrete path at his Berowra home in Sydney's north in November.

The helicopter landed 12 minutes after the alert in a park close to the home to allow the NRMA CareFlight doctor to work with ambulance paramedics in stabilising the boy who was left unconscious after a fly screen gave way and he fell through a window.

CPR revives girl

Quick action by a young boy and family friends saved the life of a toddler who fell into a backyard pool at Castle Hill.

Ambulance and police officers teamed with an NRMA CareFlight trauma team in rushing to the Battlement Crescent home to treat the two-year-old girl, from Quakers Hill, who was unconscious when she was pulled from the pool by a young boy during a Boxing Day party at the home.

The girl's parents and friends immediately started resuscitation. After just three minutes of CPR the little girl started breathing again.

The NRMA CareFlight doctor praised the efforts of the boy, believed to be aged about seven, who pulled the girl from the pool then the prompt actions of bystanders who started effective CPR.

Boy's park injury

A three-year-old boy suffered slight neck injuries when he fell some two metres down stairs at Wattamolla in January, in the Royal National Park south of Sydney, but luckily escaped more serious injury.

Trauma teams rushed to the isolated beach before the boy was flown to hospital for observation, accompanied by his mother.

Xmas Day air crash

An NRMA CareFlight crew pinpointed the location of a light aircraft crash in the Upper Hunter area and the sole survivor.

The single engine Cessna 172 was found north-west of Merriwa, in the Great Dividing Range, upside down in trees in a rugged area after the plane, carrying the two men, failed to report after taking off from Mudjee on a planned flight to Glen Innes in the state's north.

Kite surfer's ordeal

A kite surfer suffered head and facial injuries when a southerly buster picked him up and carried him inland from a Central Coast beach in December.

The strong wind swept the surfer from the water and across Umina Beach then lifted him into the air before he hit a light pole then dropped an estimated 20 metres onto land. ✕

Race driver Seiders' return thanks

A life-saving experience a decade ago has resulted in the Colin Seiders Racing Team supporting NRMA CareFlight.

It also led to NRMA CareFlight specialist doctor Rob Bartolacci (pictured right), a keen sports car owner, experiencing a few fast laps around the famous Oran Park circuit on the race track's final meeting in December.

It was Rob's clinical expertise a bit over 10 years ago which saved the life of the then 10-years-old Colin when he was terribly injured and lay trapped at a fatal car crash in the Blue Mountains.

Rob recalls the incident: "Colin had incredible injuries any one of which on their own would have been unsurvivable but somehow he was meant to survive. I hadn't seen Colin for 10 years but was re-introduced to him earlier this year and it was great to see him, he looked fantastic and despite some minor disabilities was remarkably normal. It was good to see also that Colin has pursued a passion in his life of V8 SuperCar Racing."

The Colin Seiders Racing Bear has been sold trackside – and there's a few still available for orders placed on the CareFlight web site (www.careflight.org).

Just before taking Rob for a spin around



Oran Park, Colin recounted: "He was the doctor on board with NRMA CareFlight that day ... so I'm just repaying a favour. He saved my life so he's trusting me with his life today so I'll take him for a ride and have some fun."

Fun it was for both the doctor and the race driver in the V8 Ford Falcon. And the specially themed SuperCar bear chalked up impressive sales as the racing team, in partnership with NRMA Motoring + Services, raised awareness of NRMA CareFlight.

Rob has the last word after his three fast laps: "Once you've done it once it's all right, the second lap is better. It was really good. Just the stopping and starting in the car is awesome."

Check out a video of this reunion on our web site (www.careflight.org/help/events/). ✕

Rescue Ted's life

From page 1...

12hr meetings at Winton in June (where we all froze), six visits to Bathurst with the Flag team and a trip to the GMC 400 at Canberra.

In 1998 the Bloke who adopted me began helping with a low-budget V8 Supercar, and I got to be firmly strapped onto the roll cage, with the car proudly displaying a CareFlight chopper on the bonnet and signage on the sides.

Strangely enough I have to thank the Sieders' family for the opportunity to put some serious miles on the black stuff.

The thrill of starting the 98, 99 Bathurst was great but being able to finish in 29th place in the rain sodden 2000 Bathurst was a huge rush. Let's face it, being clocked at over 270 km/h down Conrod is pretty outrageous for a bear.

Thanks to a driver by the name of Mork, I also got to run with the V8's at the '99 F1 round at Melbourne and a sprint round at Sandown, we also competed in several Konica rounds along with the Bathurst 12 Hours in 2007 and 2008.

I'm around 15-years-old now and I feel I've lived three lifetimes, been in the wash once, all because a Bloke cares.

Love to all, Rescue Ted.

PS: Send your stories of your CareFlight bear to events@careflight.org ✕

DONATIONS

YES! I would like to make a donation. MONTHLY DONATION SINGLE DONATION

TITLE FIRST NAME SURNAME

ADDRESS

STATE POSTCODE

SUBURB/TOWN

PHONE

DONATION AMOUNT

\$

EMAIL

PAYMENT DETAILS

MASTERCARD VISA AMEX DINERS CHEQUE/MONEY ORDER

CREDIT CARD NUMBER

CARDHOLDER'S NAME EXPIRY DATE

CARDHOLDER'S SIGNATURE DATE

NOW – Online Donations

Without the generous support of community minded people, NRMA CareFlight would not be able to take off – literally. Now you can donate using our website. Go to www.careflight.org and on the home page click on the DONATE NOW button.

On the next page simply click on one of the buttons which will give you the option of making a single donation or donating on a monthly basis.



Other ways to help:

If you would like any information on the following, please contact CareFlight:

- Organising a fundraising event
- Arranging a base dinner and interest visit
- Making a gift to CareFlight through your Will
- Making donations to CareFlight through your payroll

CONTACT

Paul Freeman
02 9891 6144
info@careflight.org

Donations Toll Free 1800 655 876

B R EV 09FEB