

August 2020

## RAAV Ravings



Volume 7, Issue 3

ABN: 77 829 511 359

Registered No: A00214235

### Australian Defence Force personnel sent to Victoria to help bolster paramedic numbers as coronavirus continues to spread

Army personnel will be sent to Victoria to help paramedics amid fears the spread of coronavirus could stretch Ambulance Victoria too thin.

The state's Premier Daniel Andrews said at a press conference earlier today, he had struck an agreement with Prime Minister Scott Morrison for a 1,000-strong team of ADF members to reinforce Victoria over the next three to four weeks.

It comes as Victoria records over 400 cases of COVID-19, the highest daily increase since the start of the pandemic. (As at 22 July)

Mr Andrews said a key role of the additional ADF members would be to "support the inevitable number of paramedics who will finish up having to quarantine, having to isolate, having to be furloughed because of exposure or potential exposure [to coronavirus]".

"It's also just a great way to best use the resources that we have, freeing up additional ambulance paramedics. That will be rolled out quite soon," he said.

Acting director of emergency management Justin Dunlop told ABC Drive the additional support was welcome and people should be reassured if they saw ADF members in an ambulance.

"It means there are more members of the community helping us," Mr Dunlop said.

"It doesn't mean there's a crisis and it might mean they are doing some training with us."

Mr Dunlop said it would take about 10 days to train an ADF member to assist a paramedic.

ADF members will also help with contact tracing, planning and logistics in the State Control Centre, delivering care packages and essentials to public housing residents, community engagement, assisting Victoria Police at vehicle checkpoints and compliance checks to make sure people who must self-isolate are doing so.

"That frees up Victoria Police members and allows them to be focused on ... defending that hard border between Metropolitan Melbourne, Mitchell Shire and regional Victoria," Mr Andrews said.

Mr Andrews also said the ADF would provide support for coronavirus testing in rural and regional Victoria.

The extra 1,000 members are in addition to about 400 members already on the ground helping Victoria Police plan and enforce stage three restrictions.

The members already in Victoria are expected to remain in the

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state until the forecast end of the current restrictions on August 19.





## A Message from AV CEO Assoc. Prof. Tony Walker ASM



Hi everyone,

Since my last note we have continued to ride the wave of uncertainty that defines this COVID-19 pandemic. AV has been providing pre-hospital emergency care and support to the community in response to the COVID-19 pandemic since the 22<sup>nd</sup> Jan 2020, when the first airport transfer was requested. The impacts on ambulance demand have changed as the community's response has evolved. Stage 3 restrictions were reimposed on 8<sup>th</sup> July as a response to the significant increase in community transmission of COVID-19 and we all find ourselves back in that challenging reality of staying home to stop the spread.

Social distancing and hand hygiene remain of utmost importance. The announcement from the Premier and Chief Health Officer on the weekend extends the wearing of face masks to everyone in metropolitan Melbourne and Mitchell Shires.

To support this I wanted to share some of the handy resources I found on Social Media over the weekend to help you find the masks we now all need to wear.

- [DHHS recommends either surgical masks or 3-ply cloth masks](#) and advises Victorians against wearing P2 or N95 masks to preserve stock for healthcare workers
- They also have great advice on [how to make your own mask](#) and fit and maintain it correctly
- Surgical masks can be purchased at pharmacies, bulk online retailers and even hardware stores
- Many Australian retailers are making reusable masks – [here's a list of ethical retailers](#) you can support- Fella Hamilton, Jem Designs, LMB Knitwear/Otto & Spike, Merino Country, Nya, The Ark, The Social Studio, Undercovers Apparel, A.BCH,

We have a number of demand strategies in place including the use of partner agencies. Last week, the Premier announced that the Australian Defence Force is ready to assist Ambulance Victoria to manage demand if the availability of our workforce was to fall to a level that compromised our service delivery capacity. We have not reached this stage - this is simply about being prepared.

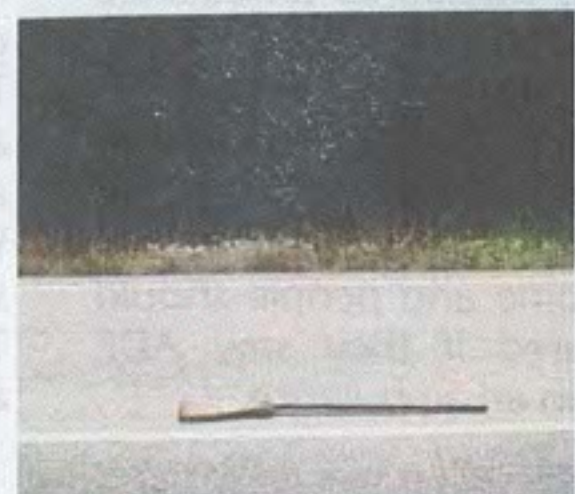
To other matters, I am pleased to share that AV are leading the health sector in Victoria having signed on to purchase renewable energy sourced from wind farming. From July, fourteen of our large sites including Gippsland, Hume, South Melbourne, Doncaster and Ballarat offices will be using 100% renewable energy, reducing our overall emissions footprint with further sustainability work being undertaken as part of our commitment to zero emissions in the longer term.

As we all know, these restrictions can leave many of us feeling socially isolated. I encourage you to stay connected to others by phone and internet. If you need support, please remember that The Retired and Former Employee (RAFE) Peer Support program is available to you. Contact the RAFE on mobile 0428 332 418 or via email [RAFE.peersupport@ambulance.vic.gov.au](mailto:RAFE.peersupport@ambulance.vic.gov.au).

Together we will get through this. Stay well and take care.

Tony

Everyone check on your wives. We have a rider down.





## Presidents Report



Welcome to all members and trust that you are all well and coping with the Lockdowns etc.

2020 will be embedded in our memories for long time to come. It hasn't been a good year for catching up with our colleagues and enjoying our luncheons together. Let's hope the second half of the year will give us an opportunity to eventually achieve this.

If any members have stories they can share during "Lockdown" would love to. Hear from you.

The committee have kept in contact with all convenors and made sure that all of our members are safe and well.

### Stay Safe Stay Strong

Ian Donaldson  
President

## Birthday Greetings

### August:

Bill Harvey 1<sup>st</sup>  
Des Freeman 2<sup>nd</sup>  
Robert Rigby 3<sup>rd</sup>  
Stanley Methers 4<sup>th</sup>  
Geoffrey Coffey 7<sup>th</sup>  
John Clancy 8<sup>th</sup>  
Jeanette Williams 8<sup>th</sup>  
Daryl Knight 13<sup>th</sup>  
Paul Pardoe-Matthews 13<sup>th</sup>  
Darrell Rintoule 13<sup>th</sup>  
George Wait 13<sup>th</sup>  
Margaret Kerr 14<sup>th</sup>  
Stanley Paley 18<sup>th</sup>  
David Calder 19<sup>th</sup>  
Ralph Casey 19<sup>th</sup>  
Robert Henderson 22<sup>nd</sup>  
Neville Hettick 24<sup>th</sup>  
Bill Middleton 25<sup>th</sup>  
Phillip Matthews 26<sup>th</sup>



Rodney Poulson 26<sup>th</sup>  
Gary Thompson 26<sup>th</sup>  
Peter Cassady 27<sup>th</sup>  
Christopher Coucill 30<sup>th</sup>  
Don Gillies 30<sup>th</sup>  
Vaughan Murphy 30<sup>th</sup>  
Ross Robotham 30<sup>th</sup>  
Peter Walker 31<sup>st</sup>

### September

Charles Johnson 4<sup>th</sup>  
Mal Peters 4<sup>th</sup>  
Alan Close 7<sup>th</sup>  
Gregory Bamford 13<sup>th</sup>  
Iain Lewis 13<sup>th</sup>  
Robert Reilly 13<sup>th</sup>

Don White 13<sup>th</sup>  
Bob Beggs 15<sup>th</sup>  
Warren Ashley 17<sup>th</sup>  
Sandy Jones 18<sup>th</sup>  
Neale Johnson 18<sup>th</sup>  
Bruce Slater 18<sup>th</sup>  
Peter Aberly 19<sup>th</sup>  
Jim Ballard 19<sup>th</sup>  
Terry Baker 20<sup>th</sup>  
Sandy Kahn 20<sup>th</sup>  
Brian Trenery 22<sup>nd</sup>  
Bernie Griffiths 23<sup>rd</sup>  
Mike Mc Manus 23<sup>rd</sup>  
William Sleep 23<sup>rd</sup>  
Bill McKnight 25<sup>th</sup>  
Don Rhodes 26<sup>th</sup>  
Alan Colley 27<sup>th</sup>  
George Brown 29<sup>th</sup>  
David Johnson 29<sup>th</sup>

### October

Glen Dowlan 2<sup>nd</sup>  
John Perry 3<sup>rd</sup>

Graeme Williams 4<sup>th</sup>  
Ron Arbon 5<sup>th</sup>  
Peter Whittle 5<sup>th</sup>  
Ian Crocos 7<sup>th</sup>  
Michael Gleeson 7<sup>th</sup>  
Bill Jeffs 7<sup>th</sup>  
Brian Redfern 7<sup>th</sup>  
Les Hotchin 9<sup>th</sup>  
Geoff Elmes 10<sup>th</sup>  
Jim Spanswick 11<sup>th</sup>  
Andrew Fowler 13<sup>th</sup>  
Ray Loughed 13<sup>th</sup>  
Steven West 22<sup>nd</sup>  
Richard Williams 22<sup>nd</sup>  
Brian Cass 24<sup>th</sup>  
Ian Dale 25<sup>th</sup>  
Ken Atkinson 26<sup>th</sup>  
Wal Mc Curdy 26<sup>th</sup>  
Ronald Callaway 27<sup>th</sup>  
Ken Holt 27<sup>th</sup>  
Col Evans 28<sup>th</sup>  
Stewart Cook 30<sup>th</sup>  
Ben Wright 30<sup>th</sup>  
Ron Handley 31<sup>st</sup>

With sadness we record the passing of:

Margaret Jones (Wife of Sandy)  
Maureen Williams (Wife of Richard)

## Payments to the Association

Please be aware that any payment made to the Association MUST have either your **NAME, INVOICE NUMBER or MEMBER NUMBER** for us to allocate the received amount. Failure to do so may render the sender to receive a reminder invoice which could be an embarrassment to both yourself and our accounts department.

Several payments have been made to our account with no idea who sent them To the Members who sent these payments please contact our Secretary to ensure the correct details are recorded and you are correctly credited with the payment.



## District Meeting Dates

Our next District Meetings for 2020 are:

Geelong & Surf Coast - Wednesday 5<sup>th</sup> August  
12noon - Cancelled

Gippsland Region - Thursday 13<sup>th</sup> August - 12 noon  
- TBA

Central & Northern Victoria - Tuesday 18<sup>th</sup> August -  
12 noon - TBA

North East Victoria - 22<sup>nd</sup> August - 12 noon - TBA

Metro North & East - Thursday 27<sup>th</sup> August - 12noon  
TBA

South West Victoria - Monday 7<sup>th</sup> September -  
12noon - TBA

Ballarat & Central West - Wednesday 9<sup>th</sup> September -  
12noon - TBA

Metro - West District - Friday 11<sup>th</sup> September -  
12noon - TBA

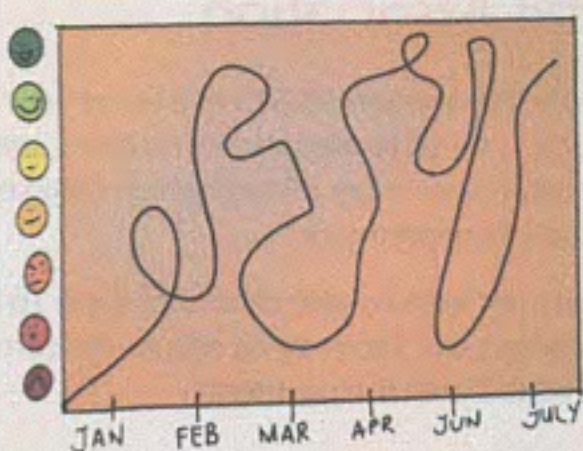
North West Victoria - Tuesday 15<sup>th</sup> September - 12  
Noon - TBA

Metro - South District - Tuesday 29<sup>th</sup> September - 12  
noon - TBA

Please be aware that we will attempt to hold as many lunches as we can but with the COVID-19 all around us we may have to adapt to different strategies as and when we get closer to a scheduled date or location.

Your District Co-Ordinator will keep you informed of changes or cancellations as soon as possible prior to any event.

### recovery is not linear



## Two Englishmen and a Canadian walk into a Branch



Things were a bit different in 1990. The clothes were baggier. People wore multi-coloured woollen jumpers unironically and Bob Hawke was PM. House prices were cheap and international phone calls were expensive. But Ambulance Victoria didn't mind the cost and put out an international call with a difference – asking paramedics around the world to come to Australia and work for what was then known as the Metropolitan Ambulance Service.

Three of the men who answered that call are still working at Ambulance Victoria today, and are celebrating the 30th anniversary of taking a chance to serve a whole new community.



When David Millican arrived with his wife and two children from England, he knew he wanted to stay, but kept quiet because

his wife believed it was only going to be a two-year gig. He needn't have worried. 'When two years came around, she wasn't even interested in going back,' he says.

David is still with AV as a Senior Team Manager. For him, retraining as a Mobile Intensive Care Ambulance paramedic (MICA) and

working at AV was just the same as working back home in England.

So too for Nick Thresher and





his family, saying 'I knew from the first day I wanted to be here and for 12 months my wife wanted to go home, then it changed'. As an instructor with London Ambulance Service during industrial action, the lure of Australia was too strong to ignore.

Even though 'the job was the same', Nick immediately noticed some key differences. AV was 'far more academic and the UK was far more practical,' he says. 'In the UK, paramedics weren't seen as professionals, [but] you were seen as part of the full health care system in Australia. It was very stimulating and new to me.'

For Canadian Brad Sanders, whose wife is Australian, the differences were more dramatic. 'Working in Canada as a paramedic I dealt with pretty standard cases, nothing too intense,' he says, 'but when I came to Australia I was faced with much more intense work and I had to learn fast. It was definitely an upskill for my skillset coming to Australia.'



Despite having to retrain to meet Australian levels of practice, David says, 'The most challenging thing for me was not so much the work styles. It was getting used to the Aussie climate. I wore shorts all winter!' There were also some logistics to get used to. 'Driving lights and sirens on the 'wrong' side of the road was an experience.'

Over thirty years, all three men have thrived and put down roots in their communities. David became a MICA paramedic, and Brad is a MICA and also worked with the Air Ambulance. Nick shares his considerable skills as a driving instructor at AV and hasn't regretted the

move: 'Oz has given my family so much and now I have an Aussie grand-daughter!', he says.

Now that call to serve is going the other way, according to Nick.

"A lot of newly graduated paramedics are heading to London these days," he says, "London Ambulance is always looking for new recruits from AV ... because AV is such a well-respected ambulance service."



## Quick Quiz:

Q1: Quokkas are native to which Australian State?

Q2: How many people are in the band The Living End?

Q3 : What is Capital of Pakistan?

Q4: Which city was founded first, Perth or Darwin?

Q5: How many James Bond movies have a one word title?

Q6: Which AFL team was almost nicknamed the Doctors?

Q7: In Victoria how many ML in a pot?

Q8: Who 'won' the wodden spoon in 2007?

Q9: How many strings does a violin have?

Q10: Which Zodiac sign is represented by a set of scales?

Q11: which age followed the Bronze Age?

Q12: In which sea are the Cayman Islands?



## District Reports

Due to the COVID-19 situation there have not been any District Meetings for several months but we are hoping that this loss of contact with our friends and former colleagues will change within the next 6 to 8 weeks in some areas of the State but Metro Melbourne and Mitchell Shire may have to wait longer before we can again enjoy each others company.

**THE PERSON THAT  
LOOKS OUT FOR  
EVERYBODY IS  
ALWAYS ALONE  
WHEN THEY NEED  
SOMEBODY.**

At the beginning of any journey, the destination always seems so far away. But don't let that stop you from trying and taking steps to make it happen.

**Reset, readjust,  
restart, refocus,  
as many times  
as you need.**

## Essendon Fields Airport Billboard



### Ambulance Victoria

If you're in the area (for one of the four reasons) keep an eye out for the new [Essendon Fields Airport](#) billboard.

As the home of Air Ambulance Victoria, around 8,000 incidents a year see legends like Sarah take to the skies to provide the best care in the air.





## 5 Things You Didn't Know About Ambulances

APC's new ambulance just arrived at our training campus, equipped with the industry's most advanced tech ready for our students to get hands on with! To celebrate this achievement we've going to spill 5 things you (probably) didn't know about ambulances.

Let's get started!

1. The term ambulance comes from the Latin early medical care where injured patients on the
2. Ambulances don't need to be too fast, since its stop



word "*ambulare*" which means "*to walk*" – which is a reference to battlefield were moved by wheeling a cart.

sirens should clear the road ahead of them. However, that didn't

3. Although the manufacturing of ambulances is based on an affordable vehicle – the finished product is in fact VERY expensive. Prices for a brand-new ambulance can cost upwards of \$100,000 all the way to \$200,000.



4. QLD and Tasmanian ambulance fees are covered by the government, however residents of other states are not so fortunate. An emergency ambulance trip by road costs around \$1174 in the metropolitan area of Victoria.

It can cost up to \$4898 for an air ambulance and up to \$10,475 for a helicopter, with prices set by the Department of Health. In comparison, resident of South Australia are charged \$934 for emergency call-outs and Western Australians \$932 for life threatening or urgent related incidents.



5. Ambulances don't just come in the form of a large van...

Ambulances can be in the form of a car, train, truck, van, bicycle, trailer, motorbike, cart, bus, helicopter, wing aircraft, boat, and hospital ships.

### Members not in good health

Peter Briscoe  
Colin Bowden

We wish all Members a speedy recovery and look forward to seeing you at a Meeting soon.

### New Members

We are pleased to welcome the following New Members to our Association.

Rodney Bell - Leongatha  
David Hadj - Croydon  
Jelle Burggraaff - Eagle Point  
Terry Brooks - Melton  
Gary Dole - Melton  
Janelle McManus - private  
Stephen Ford - Buninyong

We look forward to welcoming all of you, our new Members, to a luncheon meeting soon.

## Committee Matters

Welcome to this August Newsletter. I trust your, your family and friends are coping well with the current restrictions that COVID-19 is forcing on us all

If any Member or family require assistance through this protracted inconvenience and the varying state of flux we are finding with the ever changing environment and being unsure if, or when, any of our family or friends may be struck by COVID-19

On a lighter note we are hoping that we may be able to recommence several of our lunch meetings over the next 6 to 8 weeks and if we can we look forward to catching up with as many of you as possible.

Our Committee has been working hard in the background assisting, where possible, in the continuing progress of the Association. With this in mind I am happy to report that we have now signed a Memorandum of Understanding with Ambulance Victoria which will provide us with a clear path of assistance both for us and AV.

As noted else where in this newsletter, we are attracting a number of new members and we all hope that they will be able to join in our lunches and other activities once we have a clear understanding of any ongoing restrictions we may face. I am sure you will agree it will be some time before we can get back to the fun and games we once played.

Ian Cameron, Secretary



## Retired and Former Employee Peer Support Program

*Although your direction has changed, we still share the same journey.*

The Retired and Former Employee (RAFE) Peer Support Program is a new program available to all former employees of Ambulance Victoria.

The program allows volunteers to provide confidential support to previous employees who have retired or resigned and assist in linking them into appropriate support if requiring counselling or experiencing mental health issues.

RAFE volunteers are *not* qualified counsellors and are unable to make psychological assessments, but they do have great listening and communication skills that allow them to assist those who are seeking help.

Ambulance Victoria encourages all former employees to engage with this service – which is free – if they feel they require help.

To contact the AV Retired and Former Employee Peer Support Program

Email: [RAFEpeersupport@ambulance.vic.gov.au](mailto:RAFEpeersupport@ambulance.vic.gov.au)

Available 9am – 5pm daily.

Access FAQ'S [here](#)

**The RAFE Program is not a crisis service. If you are in crisis please contact Lifeline on 13 11 14 or if there is an immediate risk, dial Triple Zero (000).**

Feedback forms have been developed to collect information to assess the effectiveness and level of client satisfaction with AV's RAFE peer support services or to services you may be referred. The information you provide will be used to ensure that procedures, protocols and training are meeting the needs of previous AV employees and will help us to continue improving our services. The surveys are designed to be anonymous and individuals will not be identifiable through the responses they provide.

Please select the relevant link below and tell us your latest experience with the services provided by the RAFE team OR other service you may have been referred to via RAFE peer support.

[2018/19 RAFE Peer Support Satisfaction Survey](#)

[2018/19 VACU Session Feedback Form](#)

[2018/19 Chaplaincy Satisfaction Survey](#)

**Editors Note:** The links may not work in this document - Please go to AV website or contact RAFE Co-Ordinator for assistance

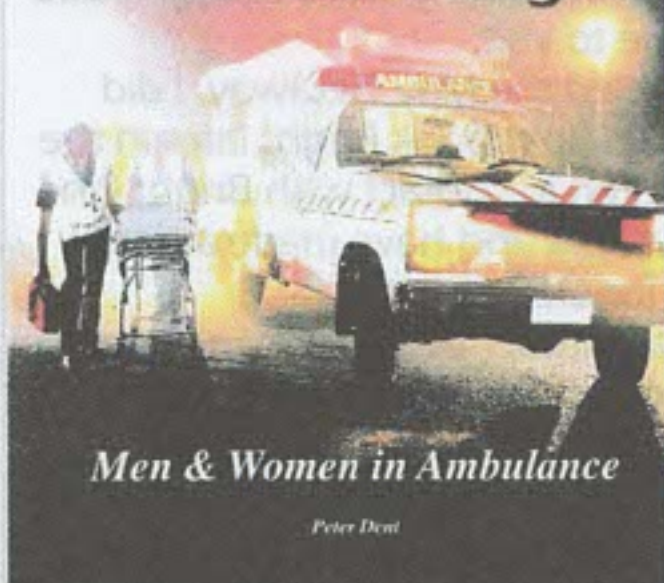


## The Ambos of the 1960s/1970s



**Ambulance  
Service  
Victoria** Est. 1915

### Lights, Sirens & Challenges



Men & Women in Ambulance

Peter Dent

Featuring true accounts of life as an ambulance officer in the 1960s and 70s, this inspirational book pays tribute to those who served in a most challenging era for Ambulance Service Victoria.

Complemented by historical facts detailing the evolution of ambulance operations, the book brings to life major catastrophes such as the *Southern Aurora train crash in 1969* and the *collapse of the West Gate Bridge in 1970*. It also provides an insight into everyday emergencies and incidents on the road, often with empathy and compassion but sometimes with wit and humour.

### ~~~~~ If you would like to purchase this book. ~~~~~

The Ambulance Victoria Museum is closed at present due to the Covid19 virus. Until such time as the museum re-opens, this book will only be **available by mail** (Postage cost \$3.05) which will be the normal process for most, and particularly for remote members.

Please use the following method to purchase:

1. Email quantity of books with name and postal address to: [vintambos@bigpond.com](mailto:vintambos@bigpond.com)
2. Direct deposit amount to: Account Name: Ambulance Historical Society Vic Inc.  
BSB No: 704-230 Account No: 100167781 (\$1)
3. In bank reference field insert: AHS and Surname. - **(Essential)**

**Alternative:** Mail cheque with name and address to:

Chas Martin, 58 Lomond Avenue, Kilsyth, Victoria. 3137.

Your book will be sent to you by Australia Post.

**Book Price: \$19.95 Postage: \$3.05 = \$23.00 per book.** For multiple books to **one** address, lower, bulk-postage rates apply. (4+ books, maximum postage \$9.20 incl.)

**The book is A5, a quality publication, 100 plus pages with colour photographs.**





## Improved Chaplaincy Support within Ambulance Victoria (AV)

At the most recent meeting between AV Wellbeing & Support Services, RAAV and RAFE Peer Support, Stuart Stuart AV's Head Chaplain provided an update on Chaplaincy Support Services revamped model being adopted by AV.

Stuart pointed out that AV currently has effectively 1.8 fulltime Chaplains to support the whole of Victoria with both Chaplains being located within the Melbourne Metro area and therefore struggle to cover the whole of the State in a timely and appropriate manner.

The new model which is on the process of being implemented includes;

- The appointment of a mix of both full-time and volunteer Chaplains across AV
- A Chaplain will be appointed to each of the 5 Regional Areas on a part-time basis effective providing 0.5 full time effective employment
- An additional 15 Volunteer Chaplains from the Victorian Council of Churches Emergency Ministry (VCCCEM) will also be appointed and located across the 5 Regional areas of AV to support both the part-time Chaplains and AV Staff.

VCCCEM provide a range of support services including psychological first aid, emotional and spiritual care during State Disasters and recovery such as Black Saturday Bushfires and more recent the Bourke Street incident. Are routinely called upon by VICPOL to support people involved in serious accident including road trauma

These additional Chaplaincy and Pastoral Care services can serve to enhance the support offered to the RAAV Membership.

## RAAV Caravan & Motor Home Club

I trust that you have all survived COVID-19 so far and have been keeping busy to pass the time. Just when we thought that we had escaped the worst it has reared its ugly head again and we are obviously going into another stage and we are back to where we stated from.

As you are all aware, we were off to Bright Pine Valley Tourist Park in May (May 1<sup>st</sup> to May 6<sup>th</sup>) which was cancelled due to Covid-19 and I know that many were disappointed not being able to visit.

When I cancelled the May Getaway, I did say that we would rebook Bright later in the year. I have been in contact with Bright Pine Valley Tourist Park and have made a booking the club for October.

I know that a number of the club members have paid a deposit and that money has been put in their trust so it is still waiting to be used.

The cost for a Site is \$40 per night. If anyone wished to book a cabin you will have to contact the park to discuss prices with the park management.

The dates that I have booked are arrival on the 16<sup>th</sup> October and pull out on the 23 October 2020. The park has said that they will try to place us all together which is good. So, anyone wanting to go to Bright on the dates that I mentioned then please make your booking in the normal manner and inform the park as to how long you will be staying.

When you contact the park just inform them that you are from RAAV Caravan & Motor Home Club give them my name and your name, inform them that have had a previous site or cabin booking and you wish to rebook a site on the dates enclosed above. I will be sending out further information regarding the get way in the next few weeks to everyone's personal email.

That's all for now and I look forward to catching up with you all in October.

Cheers,

Noel Mirtschin

Convenor

RAAV Caravan and Motor Home Club.



## From writing yarns, to lights and sirens

In 1990, the local paramedic in Kerang started teaching a young journalist first aid skill because both always saw each other at the same call outs.

While the paramedic was looking for an extra set of hands to help people, it was a revelation for the young man.

That paramedic suggested to Ken Jenkins, a journalist from what is now the *Gannawarra Times*, become an Ambulance Community Officer (ACO).

It was a chance to see and help his community in a whole new light.

Ken celebrates 30 years as an ACO and has no plans to stop in 2020.



*Photo: Andrew Paloczi, Gannawarra Times.*

"It's a special way of dealing with the community. You come across people in tragic situations, and it's wonderful to help them get through it."

As one of the 1,100 ACOs across Victoria, Ken admits he has always loved serving his community, including a 16-year stint as a board member at Kerang District Health, not to mention his four terms as chairman.

It's obviously become a family calling, with two of Jenkins' daughters working in the health industry.

"The paramedics really appreciate the contribution. To be accepted by the AV community means a lot. The treatment we provide today is very collaborative with the paramedic."

Contributing to small communities is in Ken's DNA, and he encourages everyone to take on similar roles.

An ACO's role has changed dramatically over the years, from providing simple first aid and oxygen, to a more connected approach with paramedics.

"Our small communities wouldn't exist without these contributions. You can make a big difference if you do it."



*Photo: Andrew Paloczi, Gannawarra Times.*

Ken has seen unprecedented changes to emergency response as an ACO in the COVID-19 era.

"The biggest change is the protective gear and cleaning of our equipment. I'm also seeing some older people not calling Triple Zero (000), which is concerning. There's also less trauma due to the reduction in sport and recreational activities."

Over the years, Ken has seen many recruits join the ranks as ACOs go on to work as nurses and paramedics. But for Ken, serving the 3,000-plus town he loves is the best work around.

## Quick Quiz Answers:

A 1: Western Australia

A 2: Three

A 3: Islamabad

A 4: Perth

A 5: Seven

A 6: Fremantle

A 7: 285ML

A 8: Richmond

A 9: Four

A 10: Libra

A 11: The Iron Age

A 12: Caribbean



## The Back Page

### Retired Ambulance Association of Victoria Inc.



#### Committee of Management

President: Ian Donaldson

Vice President: Mike Williams

Secretary: Ian Cameron

Assistant Secretary: Jim Ballard

Treasurer: Ben Ellis

Committee Members:

Les Wood

John Clancy

Steve Mulligan

Greg Wood

John Head

#### Irish Craic and Humour

An elderly couple were sat together and the lady said,  
'I remember when you kissed me whenever you could.'  
The man leant over and pecked her on the cheek.  
'I also remember when you held my hand all the time.'  
The old man placed his hand on hers.  
She continued, 'I remember when you used to nibble  
my neck.' The old man shuffled out of the room.  
'Where are you going?' asked the old lady.  
'To find my teeth,' said the old man.

[irishcraicandhumour.com](http://irishcraicandhumour.com)



Barking Cough? Wet Nose? Then STAY at home,  
stay safe and get tested.

Thanks to Paramedic Linda for sharing this cheeky  
shot of her cute little puppy Beanie with us.

[www.retiredambulancevictoria.org.au](http://www.retiredambulancevictoria.org.au)

All Correspondence to:  
The Secretary  
Unit 2 / 20 Brooks Street  
Bentleigh East  
Victoria 3165

Mobile: 0435 010 943  
Email: [raav.secretary@gmail.com](mailto:raav.secretary@gmail.com)

#### Irish Craic and Humour

Craic O'Doyle

Some mornings I wake  
up grumpy...

Others days I let her sleep.

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