

August 2021

## RAAV Ravings



Volume 8, Issue 3

ABN: 77 829 511 359

Registered No: A00214235

# Rod to the rescue

By JUSTIN JENVEY

BRIGHT retiree Rod Incoll has known first aid and CPR most of his life and now he is putting those skills to use again as one of 12,500 Victorians that are currently signed up as a GoodSAM responder.

GoodSAM is a mobile app launched by Ambulance Victoria in 2018 as a way for community members to help in the critical first minutes when someone is in cardiac arrest.

"I signed up at the start of the year; I've had CPR skills for a long time, I did first aid in the army and did a St John's course in 1984 where I first learnt CPR," Mr Incoll said.

"I used those skills a lot through my working life, working as a forester, then with the SEC (State Electricity Commission) and later as the Chief Fire Officer for public land in Victoria."

To be a GoodSAM responder you must be over 18 and own a smartphone.

There is no requirement to have experience or a medical background, just be willing and able to do hands-on CPR.

The app is integrated with Triple Zero (000) and once a GoodSAM responder receives and accepts an alert they will be directed to the location of the patient to start CPR while an ambulance is deployed.

The app also provides the location of the closest Automatic External Defibrillator (AED), if available, however that won't be an

issue for Mr Incoll who purchased his own AED after he signed up.

"You don't have to be like me but I'm pretty full on about it, when you make a contribution to the community you set your own level of commitment," Mr Incoll said.

"I thought, if I'm going to do the job properly I need a defibrillator, because by the time I've gone to where one is stored, which may or may not be available, the person could be beyond help."

"It sits close to my front door and it's similar to the first 35 years of my life when I was on the front-line fighting fires; I had a bag packed and ready which I could just pick up and go if I needed to."

Ambulance Victoria is currently attempting to sign up an additional 500 Victorians as GoodSAM responders after statistics showed a 50 per cent decline in cardiac arrest survival during the three months of the first wave of COVID-19.

"There are a lot of people that already have CPR and first aid skills that could all join up, like police, nurses and even local ski patrollers," Mr Incoll said.

"You can always call for help too."

"If I'm doing CPR on someone and I'm getting tired and no one else is coming, you can buzz another GoodSAM responder to come and assist."

"We want more people to sign up, everyone that can do CPR or is prepared to do a course to do CPR, that way we get enough coverage because an ambulance can't always get there straight away."



**ROD TO THE RESCUE:** Bright's Rod Incoll is encouraging others with CPR skills to sign up as GoodSAM responders.

PHOTO: Justin Jenvey

### Inside this issue:

AV CEO Report	2
Presidents Report	2
District Meeting Dates	3
Birthday Greetings	3
District Reports	4
Quick Quiz	4
New Members	5
Quick Quiz	6
RAFE Peer Support	6
The Back Page	8



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



Hello everyone,

Just as it seemed we were beginning to return to some semblance of normality, a state-wide snap lockdown was imposed across Victoria on Friday, 16 July to manage the dangerous Delta variant of the COVID-19 virus. I hope that you have managed to successfully navigate this recent 'circuit-breaker' lockdown 5.0 and encourage you to get vaccinated as soon as you are eligible, after discussion with your own health professional. Over 70% of our staff have now had one dose of a COVID vaccine, with over 3,500 staff fully vaccinated with two doses.

On a more positive note, it has been wonderful to be able to enjoy watching the rescheduled Tokyo 2020 Olympics Games during July and August. Although looking different to previous games due to COVID restrictions, it has been a symbol of hope and an opportunity for the world to come together to remember the over 4 million lives lost in this pandemic to date.

MICA turns 50 in September this year! A commemorative book on the 50-year history of the Mobile Intensive Care Ambulance (MICA) service in Victoria, Australia, is being published to commemorate MICA's 50<sup>th</sup> Anniversary in 2021. The history of MICA and advanced training for ambulance officers are inextricably linked and the 50<sup>th</sup> anniversary of MICA coincides with the 60<sup>th</sup> anniversary of training for paramedics.

The 50<sup>th</sup> Anniversary of MICA is an opportunity to give thanks to all who have served and to reflect on the advancement of the service, both in appreciating MICA's past achievements and planning for its future. An event will be held in September to celebrate and acknowledge the MICA journey. Due to COVID restrictions and density quotient limits on the venue, numbers are limited for this event, however there are tickets allocated for retired MICA and I would encourage you to contact Chief of Staff [ker-ryn.douglas@ambulance.vic.gov.au](mailto:ker-ryn.douglas@ambulance.vic.gov.au) to express your interest, as soon as possible.

This year also marks the 20th Anniversary of the devastating morning of 9/11 in New York and Virginia when 2,752 people lost their lives. The Australian American Association, Victoria (AAA) are hosting a Victorian Emergency Services Commemoration event in their honour and also to remember our own Victorian Emergency Personnel who have lost their lives in the line of duty.

It was with great pride that the Ambulance Victoria community applauded the acknowledgment of Chas Martin OAM for service to community history through his tireless dedication and contribution to the Ambulance Historical Society (the Museum). Congratulations Chas on being awarded the Medal of the Order of Australia in the Queen's Birthday Honours List. Thank you for your incredible work preserving our history. A well-deserved honour for a true legend of our profession!

## Presidents Report



Welcome to all our members and trust that you are all ok and well.

Well here we are once again now in lockdown number 5 and unable to predict what the future will be in regards to Covid-19. Who would have thought that we would have been so long with getting out of this predicament? I am sure you all are experiencing the same frustrations.

This year on the 9th September we arrive at 50 years of MICA in Melbourne.

AV is arranging a symposium and Gala night at the Grand Hyatt (Covid permitting) 208 will be on display at the hotel on the day along with a current Mica unit. Tickets for the event will be arranged, hopefully this event will go ahead.

A book is in the process of been written on 50 years of Mica, and should be completed within the next couple of weeks. The book covers the early pioneer days of Mica up to the present day. I believe the book will be available to all shortly. I have read the draft and it makes fantastic reading especially to some of our early pioneers on MICA.

Please stay safe and inform us of any area that we can help in the present conditions that we are encountering.

Ian Donaldson  
President

Red Nose Day is back on Friday, 13 August. Our ambulances will be fitted with red noses in support of families impacted by SIDS and related conditions. Learn more and show your support at [rednose.org.au](http://rednose.org.au).

Please remember the RAFF Peer Support Program is available to support you. Contact RAFF on 0428 332 418 or via email [RAFF.peersupport@ambulance.vic.gov.au](mailto:RAFF.peersupport@ambulance.vic.gov.au).

Take care and stay well.

Tony,

Assoc. Prof. Tony Walker ASM  
Chief Executive Officer  
Ambulance Victoria

**It's been a bit of a  
strange day!  
First I found a hat  
full of money.  
Then I was  
chased by an  
angry man with a  
guitar...**

## District Meeting Dates

Our next District Meetings for 2021 are:

Geelong & Surf Coast - Wednesday 11th August 12 noon at Geelong RSL Belmont

Central & Northern Victoria - Tuesday 17th August at Bendigo Club 22 Park Street Strathdale commencing at 12 noon.

Metro North & East - Thursday 19th August 12noon at Wheeler's Hill Hotel, 871 Ferntree Gully Road Wheelers Hill

Gippsland Region - Thursday 26th August 12noon at Morwell Golf Club

North East Victoria - Saturday 28th August 12noon at Benalla Bowls Club

Metro - West District - Friday 3rd September 12noon at Kealba Hotel

South West Victoria - Monday 5th September 12noon at Hamilton

Ballarat & Central West - Wednesday 8th September 12noon at the Golf House Hotel

North West Victoria - Tuesday 14th September 12noon at Mildura RSL

Metro - South District - Tuesday 28th September 12noon at Steeples Restaurant Mornington



## Birthday Greetings

August:

Bill Harvey	1 <sup>st</sup>
Robert Rigby	3 <sup>rd</sup>
Stanley Mether	4 <sup>th</sup>
Geoffrey Coffey	7 <sup>th</sup>
John Clancy	8 <sup>th</sup>
Colin Musson	7 <sup>th</sup>
Jeanette Williams	8 <sup>th</sup>
Daryl Knight	13 <sup>th</sup>
John Maher	13 <sup>th</sup>
Paul Pardoe-Matthews	13 <sup>th</sup>
Darrell Rintoule	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>
Lyle Teakle	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>
Geoff Harvey	8 <sup>th</sup>
Gregory Bamford	13 <sup>th</sup>
Ian 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 Abery	19 <sup>th</sup>
Jim Ballard	19 <sup>th</sup>
Terry Baker	20 <sup>th</sup>
Sandy Kahn	20 <sup>th</sup>
Brian Trener	22 <sup>nd</sup>
Bernie Griffiths	23 <sup>rd</sup>
Mike Mc Manus	23 <sup>rd</sup>
William Sleep	23 <sup>rd</sup>
Rona Halliwell	24 <sup>th</sup>
Bill McKnight	25 <sup>th</sup>
Graham Holley	26 <sup>th</sup>
Don Rhodes	26 <sup>th</sup>
Alan Colley	27 <sup>th</sup>
Jelle Burggraaff	28 <sup>th</sup>
George Brown	29 <sup>th</sup>
David Johnson	29 <sup>th</sup>
Doug Parker	29 <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 Loughheed	13 <sup>th</sup>
John Maher	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>
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>

October

Glen Dowlan	2 <sup>nd</sup>
Terry Brooks	3 <sup>rd</sup>
Christopher Lewis	3 <sup>rd</sup>
Peter Neylon	
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>

With sadness we record the passing of:

Phillip (Phil) Cavanagh  
Brian Phipps  
George Waite

## 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 Reports

### South West Victoria

Due to COVID-19 restrictions we unfortunately were advised to cancel the lunch but hope that our next will be confirmed to proceed.

Ray Loughheed  
Convenor

### Ballarat & Central West

Once again we missed on enjoying each others company due to the restrictions but hope to meet next time

### South Metro District

The Metro South region had their Luncheon on 29th. June at Steeples in Mornington where 27 Members attended which was pleasing due to current times.

The Meeting opened on a sad note as we had Carmel Rogers from A.V. with us to present Brian Phipps with his Life Membership sadly Brian passed away just a few days earlier.

On a pleasing note Maureen Watson partner of our late Peninsular and many more titles Superintendent wished to thank the Retired Association for the way they conducted his Funeral service her wish was to attend so she could thank all involved.

Also pleasing was to announce the award given to Chas Martin being presented with the Order of Australia award well done and well deserved.

Our next meeting will be conducted on the 28th. September and hope to see those who have returned from their journey North so keep safe

Bryan Cass  
Metro – South, Convener

### West Metro District

On Friday 2nd July our lunch went well and I recruited 2 new members. Hugh Esler & Mal Cole.

We had 20 people there today and it got quite noisy with the talking.

Peter Moroney didn't come but I contacted him.

He is now a great granddad to Henry. Hoping he can make it next time.

Georgie Hall  
Convenor

### Central & Northern Victoria

Last meeting held at the Bendigo Club with a smaller group than usual and no RAAV Secretary due to his vehicle and another vehicle requiring the same road space at the same time. Fortunately no one injured. Meeting attended by 14 and a good catch up as always.

Peter Briscoe  
Convenor

### North East Victoria

May 22 was a beautiful day to do anything, so a chat in the sunshine going in and coming out of the Benalla Bowls Club was lovely.

It is so good to see the guys with their iPads and phones out showing photos to one another, and reminiscing about people, jobs, and then one of the club employees came over to ask who'd delivered babies, who'd delivered the most then presented a bottle of wine that Barb is sure to enjoy. And this opened up another raft of stories of ambulance births! And while the wives catch up & chat my ears are being taken in different directions trying to hear it all.

Due to illnesses and car troubles the apologies almost outnumbered the attendees so it was a more intimate gathering again. Here's hoping that everyone going through health issues at present feel able to attend next time.

Leanne Russell-Jones  
Convenor

### Geelong and Surf Coast District

Our Lunch meeting was cancelled due to COVID-19 restrictions. We hope that our next meeting will be more successful

Ben Wright  
Coordinator G&SC Branch.

### East & North Metro District

### North West Victoria

With 8 Members in attendance we enjoyed a constant amount of catching up and the fine foods of the Mildura RSL

Alan Cooksley  
Convenor

### Gippsland District

Neil Hall

I HATE IT WHEN PEOPLE  
ACT ALL INTELLECTUAL  
AND TALK ABOUT  
MOZART WHILE THEY'VE  
NEVER EVEN SEEN ONE  
OF HIS PAINTINGS...

### Members not in good health

Howard Smith  
Christine Donaldson (Wife of Ian)  
Jim Ballard

We wish all Members a speedy recovery

## Quick Quiz:

Q1: What luxury car has a trident on its logo?

Q2: Who won the AFL Premiership in 2002?

Q3: Which Big Bash team is based in Perth?

Q4: Sodium Bicarbonate is better known as?

Q5: Which desert lies in Mongolia?

Q6: Who did St Kilda defeat in the 1966 Grand Final?

Q7: What sort of animal is a Jumbuck?

Q8: Which animal is the log of twitter?

Q9: Which musical film is set at Rydall High School?

Q10: How many balls are in a game of pool on a full sized table?



# Improving safety for ambulance workers

AMBULANCE Victoria's (AV) 6000 paramedics and first responders will soon be using a tool to predict violent and unacceptable behaviour when responding to patients in need of care.

Developed in Norway, this is a world first for any ambulance service and makes it safer for frontline healthcare workers to do their job.

Ambulance Victoria paramedic Brook Sumner has been responsible for the rollout of the Behaviours of Concern (BOC) tool and said it's a game changer.

"Every year, 600 incidents of occupational violence are reported by our workforce and while physical assaults are rare, our staff regularly report spitting, verbal abuse and close calls," Mr Sumner said.

"We know the emotional toll from the 'near misses' can be particularly damaging. That's why we've invested heavily in better equipping the workforce with the skills and knowledge to avoid occupational violence."

Last year, 400 paramedics went through an initial trial using the BOC tool, which has been successfully utilised in more than 1000 cases.

In coming weeks, all 4800 paramedics and 1300 first responders will undergo training in BOC, a simple to use six-item checklist which can assess the level of risk during a callout for medical assistance.

Paramedic Anita Stirling suffered physical and psychological injuries when she was grabbed by a substance-addicted patient who became aggressive last June. "I have no doubt the BOC tool would have benefitted

me greatly had it been available at the time," she said.

"It may well have prevented the situation from occurring, but importantly, paramedics and First Responders now don't have to rely on a sixth sense or gut instinct."

AV attends about 33,000 cases with Victoria Police annually, many involving agitated patients affected by drugs, alcohol and/or experiencing a mental health crisis.

"As difficult as it is, we can't, and won't turn our backs on patients with mental health issues or those who are affected by drugs and alcohol and this new tool will make it possible for crews to care for these patients more safely."

"We would like to make a BOC score a universal metric to help communicate risk when interacting with other emergency and healthcare services, including hospital emergency departments, police and correctional services," Mr Sumner said.

"For us, caring for the community is why we come to work each day. We appreciate the community continuing to support us in our work and respecting our staff."

Ambulance Victoria Union's General Secretary Danny Hill said it is a shame that such measures are needed but members are regularly confronted by situations where they experience violence and aggression.

"The union fully supports any measure that reduces risk of occupational violence against paramedics and ambulance workers," Mr Hill said.

"This initiative is designed by paramedics to recognise the signs of



potential aggression early and remove themselves from the scene if they identify a risk. They must put their own safety first."

The Alfred's Emergency and Trauma Centre have also adopted a similar BOC tool, called the Broset Violence Checklist, to further boost staff and patient safety.

Emergency and Trauma Centre deputy director Dr Eleanor Junckerstorff said occupational violence has risen over the past few years and the team is always looking at ways to prevent violence occurring.

"This tool complements the excellent supports and strategies we already have in place to manage patients who are in distress and may become aggressive," Dr Junckerstorff said.

## New Members

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

Peter Kerr - Bell Park  
Andrew McDonnell - Riddells Creek  
Dee McDonnell - Riddells Creek  
Doug Parker - Mortlake  
Gary Curnow - Ballarat Central  
John Maher - Mildura  
Barry Piez - Mildura  
Wayne Brooks - Diamond Creek  
Peter Watts - Healesville  
Peter Neylon Box Hill South  
Graham Holley - Yarra Glen  
Hugh Esler - Werribee  
Mal Cole - Coburg  
George Gallagher - Mulwala NSW

Heath Gangell - Moonee Ponds  
Colin Musson - Port Douglas QLD  
Geoff Harvey - Strathfieldsaye

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

## Committee Matters

Welcome to the August edition of our newsletter and I hope we have provided you with some updated information regards to Ambulance Victoria developments.

As you can see from the list to the left of New Members who have joined our Association over the past three months. It is gratifying to welcome so many new Members and with these we now have exceed-

ed the a total of 400 members throughout the State.

If any Member knows former AV personnel who are not Members please invite them to come onboard to our Association.

Although we have been frustrated by the continuing lockdowns through COVID-19 we have been able to conduct some of our lunches and these have been well pleased with the attendance at the lunches that have proceeded.

COVID-19 has upset our intentions to advance our Districts in several areas of the State but with easing of restrictions we are hopeful that we can development these areas before the end of this year.

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

### Quick Quiz Answers:

- A1: Maserati
- A2: Hawthorn
- A3: Scorchers
- A4: Baking Soda
- A5: Gobi
- A6: Collingwood
- A7: Sheep
- A8: Bird
- A9: Grease
- A10: 16

### Chas Martin OAM

We were please to be advised that Chas Martin had been awarded the honour of Order of Australia Medal for his services to the community in particular the Ambulance Historical Society (Museum). We also feel that his 12+ years as President of our Association assisted in this valuable Honour.

Congratulations Chas



### 50th Anniversary of MICA

The event is scheduled to be on the 9th of September and the venue will be the Grand Hyatt.

There will be display of 208 and a current MICA unit with crew.

I am told there will be a Symposium during the day and Gala evening to follow.

I have no information how the event will be ticketed and how the invite will be selected

I have been asked to put a list together of MICA personnel and Tony will work out the numbers especially with the limitations on Covid etc.

Will keep you in the loop and let you know of any further details.



## Trentham Community Emergency Response Team (CERT)

### Trentham CERT Turns One!

The Trentham Community Emergency Response Team (CERT) has just celebrated its first anniversary. CERT teams operate in various locations around our state particularly in rural areas. The Teams are purely volunteer staffed and are trained and supported by Ambulance Victoria.

Our Trentham Team largely owes its formation to the campaigning of local legend Ethan Brown who exemplifies the Trentham community spirit we all know and love.

Trentham CERT could not have been formed at a more challenging time for Ambulance Victoria with the onset of COVID 19 and the first lockdown coming shortly after the group completed their initial training. In fact, the Trentham CERT's official opening was postponed due to the pandemic and 12 months on and over 100 local people assisted, the CERT is well and truly in action but didn't quite make it to an official opening.

People who stand up in the face of this pandemic are to be commended, but those who do so on a volunteer basis are to be admired, true heroes of the community. Our CERT members dedicate their own time to practising their skills and making themselves available to respond purely for the care of the community they live in. Ambulance Victoria asks for a commitment of 20 hours per month to be available to respond but many of our volunteers commit to plenty more hours than that.

Currently we have 9 members in the Trentham Team and an additional two more who are currently in training. Ambulance Victoria is always happy to consider new applicants so if it sounds like something you might be interested in let us know. More on that below!

There are many reasons why it is nice to always have an emergency medical response team nearby, but the most urgent of all calls is for a cardiac arrest. Ambulance Victoria has Paramedic Branches that surround Trentham at Daylesford, Kyneton and Woodend. Each of these has a response time to Trentham of around 15 minutes if travelling under emergency conditions, weather permitting. Consider that for every minute effective CPR is not performed on an arrested patient, their chances of survival reduce by 10% and it doesn't take a Rhodes Scholar to work out that we need people, within our community, who are competent in this skill.

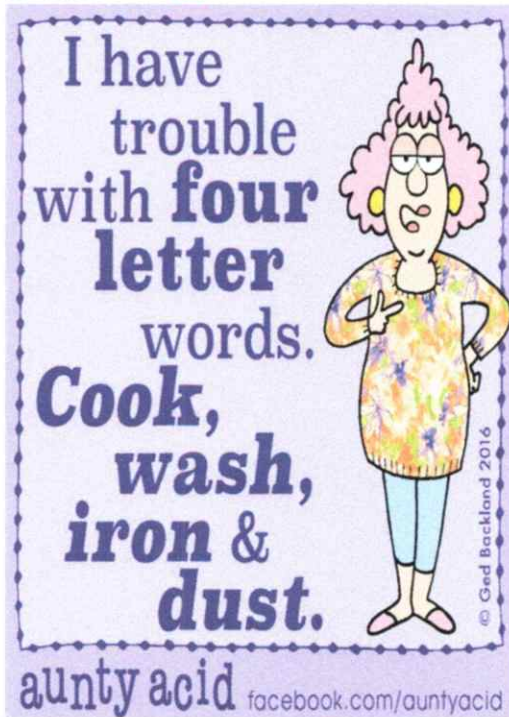
Our CERT members receive training in CPR and in many other things that can assist in saving lives or making patients more comfortable until an ambulance is available to transport the patient to hospital.

If you are interested in becoming a CERT member or have a first aid competency there is a couple of different ways to help the local community. Firstly, to become a CERT



member contact Ambulance Victoria or chat to one of our local members and provide your contact details. The second way you can help is by becoming a GoodSam responder. GoodSam is an App you can download to your smartphone, if you are a first aid qualified adult you can join and help us to save lives.

Cam MacDonald  
Acting Senior Team Manager  
Ambulance Victoria, Grampians Region



This picture was given to Class II Children and they were asked to suggest a headline. The winning entry was:

**'Never swallow your chewing gum'.**

My wife asked me to take her to one of those restaurants where they make the food right in front of you. So I took her to Subway and that's how the fight started.

## Memorial for Brian Phipps

A memorial Service for Brian will be conducted on Saturday 21st August commencing at 1pm at the Ambulance Museum 1/55 Barry Street Bayswater.

We request attending Members contact the Museum via Chas Martin Mobile 0428 813 385 or email: [chas.martin@ambulance.vic.gov.au](mailto:chas.martin@ambulance.vic.gov.au)

It is necessary to advise attendance for catering purposes or should there be unforeseen changes.

May Brian rest in peace

## CAUTION...

**WHEN SOMEONE TELLS YOU TO GET A GRIP... APPARENTLY AROUND THEIR NECK, IS NOT WHAT THEY MEANT... WHO KNEW?**





## 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

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

All Correspondence to:  
The Secretary  
68 Dyer Street  
Rupanyup  
Victoria 3388

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



**I JUST STEPPED ON A  
CORNFLAKE.  
NOW I'M OFFICIALLY  
A CEREAL KILLER.**

Facebook: Retired Ambulance  
Association of Victoria Inc.

*Sometimes i don't have enough*



**COFFEE**

**OR middle fingers  
to get me through**

**THE DAY.**

**aunty acid**  
facebook.com/auntyacid

**The  
only form of  
exercise  
I actually  
enjoy  
is  
chewing.**

