

August 2022

RAAV Ravings



Volume 9, Issue 2

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A second chance for Kilsyth South dad

A Kilsyth South man who suffered an horrific motorbike accident before going into cardiac arrest has thanked the local by-stander and Ambulance Victoria (AV) paramedics for saving his life more than three years ago. Brian Wiltshire, 69, was on a motorcycle ride from Kilsyth with more than 15 others in December 2018. His wife Robyn was travelling with him on his beloved Harley Davidson through Wandin North when they lost control at low speed and were thrown from the bike. Both suffered serious injuries, but Brian also



Cardiac arrest survivor Brian Wiltshire together with paramedic Ryan Weston and MICA flight paramedic Rupert Freeman.

went into cardiac arrest.

A cardiac arrest occurs when a person's heart suddenly stops beating.

"As an experienced motorbike rider, and organiser of group tours in the United States on motorbikes, it's taken some time for me to learn how to live with what happened," the father-of-two said.

"It was a pure accident; it was an 80mk/hr road and I was travelling 40km/hr, yet on that day I stopped breathing, suffered two collapsed lungs, tore the socket in my shoulder, broke ten bones in my face, had bleeds on my brain and damaged part of my hip and lower back."

Brian's friends from club immediately as Brian lay unconscious-suffering from lower Wandin North local she saw Brian lying his distressed wife, see if she could help. "Within a few minutes of the accident, I call and when I told the breathing, I was immediately instructed to resuscitation (CPR)," Brian was unrespon-



Wandin North local Deb Harper (blue jacket) saw Brian lying on the road and immediately went to help.

Deb continued CPR until the first paramedics arrived on scene, including Advanced Life Support (ALS) paramedic Ryan Weston.

Ryan said AV commends Deb, who quickly recognised that CPR needed to be done and immediately assisted with effective chest compressions.

"Pre-hospital care in Victoria is world class, but it all starts when a bystander steps in and starts compressions. While bystanders alone will never replace an ambulance service, equipping people with skills to start the chain of survival; starting chest compressions or CPR and using an automated external defibrillator (AED) does save lives," he said.

"Anyone can save a life in three simple steps. Call, Push, Shock: Call Triple Zero (000), Push Hard,

Push Fast on the middle of the chest, shock using an AED," he said.

Brian was flown by an Air Ambulance Victoria helicopter to the Royal Melbourne Hospital.

"I had a seven-hour operation on my ribs, was in intensive care for 10 days and only remember the last three days of my three week hospital stay," Brian said.

"People who saw me on the day of my accident can't believe how I came out of it – it had a really big effect on people, so I am thankful that lots of things worked in my favour and am so grateful for everyone's help on the day; especially Deb's – I'm a really lucky guy."

Deb said Brian's case was the third time she'd needed to put her CPR skills to the test, and was grateful that CPR training was a requirement of her job in education for the last 40 years.

"It was such a relief to find out Brian was OK – I had seen a slight improvement in his health when it came time for Brian to be airlifted to hospital, but I still knew he was a long way off being well," she said.

A Message from Interim CEO

Felicity Topp



Hi everyone,

Thanks for the opportunity to contribute to this edition of your RAAV Newsletter as Interim Chief Executive at Ambulance Victoria, as Tony completes his extended medical leave. He is doing well and looks forward to returning in September.

By way of introduction, I commenced with Ambulance Victoria at the end of May for a 3-month secondment from my usual role as CEO at Peninsula Health. Peninsula Health includes Frankston Hospital, Rosebud Hospital, The Mornington Centre, Golf Links Road Rehabilitation Centre, Community Health Services, Mental Health Services and the Carinya Residential Aged Care Unit. This is a fantastic opportunity to further strengthen the relationship and understanding between AV and the broader hospital system especially around the Emergency Department interface and ramping issues. I have certainly extended my knowledge around the challenges faced by AV and have also been able to support opportunities for improvement through a different lens.

We have recently had the opportunity to express our gratitude for the support of AV's surge response partners during the pandemic. This acknowledgment aligns with the next phase of the de-escalation of our COVID-19 surge workforce and an updated transition model. Our sincere thanks go to the Australian Defence Force (ADF), St John Victoria, SES, Life Saving Victoria, Red Cross, Chevra Hatzolah and COVID-19 Quarantine Vic (COV) as well as the Department of Social Services for the support they have provided to both AV and the Victorian community.

We have now implemented the AVOL (Ambulance Victoria Off Load) model of care at a large number of hospital emergency departments, which utilises non paramedic staff, such as nurses and undergraduate paramedic students to monitor and support ramped patients of lower acuity with the clinical support of paramedics. This initiative is helping us get ambulances back on the road to respond to the sickest patients.

Winter is definitely upon us and so is flu season with the overlay of the emergence of the BA.4 and BA.5 Omicron subvariants. I would encourage you to see your GP or pharmacist to discuss your flu vaccine and COVID-19 second booster.

Lastly, I would like to pay my respects to Chas Martin OAM whom I have learned was a long-standing past President of RAAV as well as the Museum Curator. Many of you will have attended his funeral, which I also had the privilege of attending on June 25th at the Police Chapel in Glen Waverley. Chas' dedication to AV will be remembered and his passion for the preservation of ambulance history will be appreciated at the recently renamed *Ambulance Victoria Chas Martin OAM Museum* which represents his legacy for future generations.

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Presidents Report



Greetings to all our members and trust this newsletter finds you all ok and well

It is with regret that again we have had to cancel our 50th anniversary celebrations for the MICA 50th which was scheduled for September 2nd. Restrictions have thwarted any chance of our planned Symposium and Gala night.

Due to some restrictions being eased I have recently being able to travel to a few District Branches. Christine and I were made most welcome at the North western Branch where we caught up with members and also to present life memberships.

Many thanks to all members who attended Charlie Martin's funeral.

What a splendid turn out for him and justly deserved. Many thanks also to AV personnel for making this day special for Charlie's send off.

We are looking for any interested members who could help with our Peer Support Group. We are particularly interested in someone being a retirement coach for transitioning AV workers. If interested please contact Ian Cameron or myself.

Looking forward to seeing you all again and grateful that we have seen our way through all the endless Covid restrictions.

Please take care and enjoy your freedom.

Ian Donaldson
President

New Members

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

Barry Nicholls - Daylesford
Malcolm Hunting - Edenhope
Robert Fletcher - Maffra
Bill Barger - Rosebud
Allan Simons - West Wodonga
Alison Shawyer - Warrnambool
Terry Grange - Delacombe
Peter Cull - Westmeadows
Brett Wilkins - Heathmont
Harry Berns - Woods Point
Roslyn Berns - Orbost
Ross Harlock - Merton
Bill Briggs - Mooroolbark
David Giles - Maffra

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

District Meeting Dates

Our next District Meetings for 2022 are:

Geelong & Surf Coast - Wednesday 10th August 12 noon at Geelong RSL, 55 Barwon Heads Road Belmont

Wimmera & Grampians District - Thursday 11th August 12noon at White Hart Hotel, 55 Firebrace Street Horsham

Central & Northern Victoria - Tuesday 16th August 12noon at Bendigo RSL 73 Havilah Road Long Gully

Metro East District - Thursday 18th August 12noon at Wheeler's Hill Hotel, 871 Ferntree Gully Road Wheelers Hill

Gippsland Region - Thursday 25th August 12noon at Morwell Golf Club, Fairway Drive Morwell

North East Victoria - Saturday 27th August 12noon at Benalla Bowls Club, 25 Arundel Street Benalla

Metro - West District - Friday 2nd September at Kealpa Hotel, Cnr. Sunshine Ave, & Main Rd East, Kealpa

South West Victoria - Monday 5th September 12noon at Alexandra House 134 Brown Street Hamilton

Ballarat & Central West - Wednesday 7th September 12noon at the Golf House Hotel 920 Doveton St North Ballarat

North West Victoria - Tuesday 13th September at Mildura RSL, 130 Madden Avenue Mildura

Metro - North District - Tuesday 20th September 12noon at Darebin RSL 402 Bell Street Preston

Metro - South District - Tuesday 27th September 12noon at Frankston RSL 183 Cranbourne Road Frankston



Birthday Greetings

August:

Bill Harvey 1st
 Robert Rigby 3rd
 Stanley Mether 4th
 Lindsay King 5th
 John Barrie 6th
 Geoffrey Coffey 7th
 Mal Hunting 7th
 Colin Musson 7th
 John Clancy 8th
 Bruce Timms 8th
 Jeanette Williams 8th
 Daryl Knight 13th
 John Maher 13th
 Paul Pardoe-Matthews 13th
 Darrell Rintoule 13th
 Margaret Kerr 14th
 Stanley Paley 18th
 David Calder 19th
 Ralph Casey 19th
 Robert Henderson 22nd
 Brett Wilkins 22nd
 Neville Hettick 24th
 Bill Middleton 25th
 Phillip Matthews 26th
 Rodney Poulson 26th
 Lyle Teakle 26th
 Gary Thompson 26th
 Peter Cassady 27th
 Christopher Coucill 30th
 Don Gillies 30th
 Vaughan Murphy 30th
 Ross Robotham 30th
 Peter Walker 31st

Charles Johnson 4th
 Mal Peters 4th
 Alan Close 7th
 Geoff Harvey 8th
 Gregory Bamford 13th
 Ilean Lewis 13th
 Robert Reilly 13th
 Don White 13th
 Bob Beggs 15th
 Warren Ashley 17th
 Sandy Jones 18th
 Neale Johnson 18th
 Bruce Slater 18th
 Peter Aberly 19th
 Jim Ballard 19th
 Terry Baker 20th
 Sandy Kahn 20th
 Brian Trenergy 22nd
 Bernie Griffiths 23rd
 Mike Mc Manus 23rd
 William Sleep 23rd
 Rona Halliwell 24th
 Bill McKnight 25th
 Graham Holley 26th
 Don Rhodes 26th
 Alan Colley 27th
 Jelle Burggraaff 28th
 George Brown 29th
 David Johnson 29th
 Doug Parker 29th

October

Glen Dowlan 2nd
 Terry Brooks 3rd
 Christopher Lewis 3rd
 Peter Neylon 3rd
 Graeme Williams 4th
 Ron Arbon 5th
 Peter Whittle 5th
 Ian Crocos 7th
 Michael Gleeson 7th
 Bill Jeffs 7th
 Brian Redfern 7th
 Kevin Kavanagh 8th



Les Hotchin 9th
 Geoff Elmes 10th
 Jim Spanswick 11th
 Andrew Fowler 13th
 Ray Lougheed 13th
 John Maher 13th
 Steven West 22nd
 Richard Williams 22nd
 Brian Cass 24th
 Ian Dale 25th
 Ken Atkinson 26th
 Ronald Callaway 27th
 Ken Holt 27th
 Col Evans 28th
 Stewart Cook 30th
 Ben Wright 30th
 Ron Handley 31st

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

The second meeting for the year was held in Hamilton on Monday 6th June with 14 Members and Ian Cameron in attendance, with many Members travelling long distances despite the very cold and wet conditions. It was encouraging to see so many attend.

Due to other commitments, 10 Members put in apologies.

The day was a very special occasion for Terry Baker as he was awarded Life Membership with a framed certificate presented to him by State Secretary, Ian Cameron. Congratulations Terry.

Ian spoke to Members and also was able to sell a few items such as new name badges and jumpers and a good day was enjoyed by all.

I would like to take the opportunity to welcome Alison Shawyer to the rank of Member and thank her for her attendance at the Hamilton meeting.

The next meeting in the SW will be held on Monday 5th September at a venue and location to be advised.

Ray Loughheed
Convenor

Ballarat & Central West

Wednesday 8th June saw 17 Members and guests attend a great day at the Golf House Hotel where we hosted a fine lunch and many stories from the past.

We still need a Member to step up to the plate and take on the role of Coordinator of this important District. Any takers?

Metro South District

The June luncheon was enjoyed with 25 Members in attendance it was unfortunate that several life members were not present to receive their award.

I think prior notice could have resolved this also our new venue did not accommodate enough privacy to hear the speakers.

Jim Ballard spoke and reminded us about contacting Melbourne Audiology Centre and have that hearing test. Jim also went on to speak about the

need to order and wear our own name badge. A big thankyou to Ben Ellis for attending and making our luncheon more affordable I know this helps some enjoy the day.

The above mention about this venue has led me to change our next luncheon back to Steeples Restaurant in Mornington on the 27th. September if we have a large attendance we can enjoy lunch on the Terrace or in the private room and go back to table service.

Bryan Cass
Coordinator

Metro West District

Georgie Hall
Coordinator

Central & Northern Victoria

Peter Briscoe
Convenor

North East Victoria

Geelong and Surf Coast District

Wednesday 11th May despite some eight apologies, saw some fourteen members & guests enjoy once again our tri monthly luncheon at the Geelong RSL.

The presence of Secretary Ian Cameron & Committeeman John Head were there to further enhance the presentation of Life Membership Certificates to four of our members. Margaret Kerr, Ian McPherson, Charles Johnson & Joseph Spronken.

Marg & Ian being the two able to attend. After hearing a brief outline of their ambulance career, both were presented with their Certificates by Terry Marshall who had well known this district prior to achieving his higher rank over the following years. Unfortunately Terry & his secretary had to forego our luncheon post presentation & head back to their office at local HQ.

Due to their known inability to attend, Charles Johnson & Joseph Spronken, Secretary Ian Cameron had arranged for them to receive their Certificates via snail mail. For Chas J. as stoic now as he was working among us, he has now given up all his local football administrative connections to keep up his 24/24 task caring for wife Margaret. The Branch wishes them both well.

Thanks must be proffered to the RSL Staff who continued providing our luncheon once all came in from outside to receive their meal orders, doing so despite the continued noise of building alterations

Post our luncheon, all as usual, took up the lounge area to hear John Head bring us up to date on Committee discussion points – stating like many other organisations, Covid R's & R's had certainly made their mark. Branch appreciation is always happy to hear whatever pathway Committee is striving toward our well-being.

For those members submitting apologies, who continue to be working through their medical appointments if only to stave off being placed further along the dreaded waiting list should appointments be missed. We look forward to having your company at our next listed luncheon.

Ben Wright
Convenor

Metro East District

North West Victoria

Quick Quiz:

Q1: James Bond's boss is known by which letter?

Q2: A breed of which animal is the "Russian Blue"?

Q3: Who captained Geelong to their 2011 premiership?

Q4: Bandanna Day is the fundraiser for which charity?

Q5: In What decade was the Mabo case decided?

Q6: What is the well-known Maori name for New Zealand?

Q7: Who broke a point post in a VFA game at windy Hill?

Q8: What strong plastic is often used in bulletproof vests?

Q9: What is Australia's largest native freshwater fish?

Q10: What is the largest living reptile?

New traction for those injured on the slopes



A cool vehicle has been added to Ambulance Victoria's fleet, taking patient care on the ski fields to new heights. Specifically designed for snow conditions, the "Can-Am Oversnow Ambulance" is the first of its kind in Victoria. Stationed at Falls Creek for this year's ski season, the vehicle has been rigorously tested for almost 12 months.



Ambulance Victoria Hume region Area Manager Rob Heaslip, who helped with the design, said it's a game-changer for those injured on the slopes.

"AV already had an effective fleet of transport for the snow, including Ski-Dos and four-wheel drives, but the addition of the 'Can-Am Oversnow Ambulance' will help provide the best care," he said.

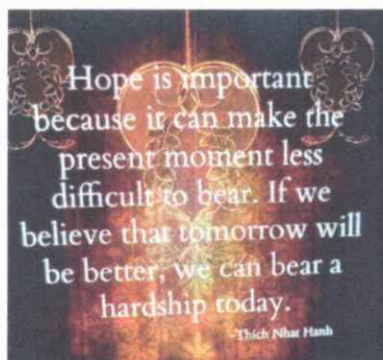
"This all-rounder increases the effectiveness of AV resources and is specifically targeted at patients who are seriously injured." He said critical patients were previously transported in a sled behind Ski-Dos, which was a challenge for care and comfort.

"Now they can be effectively treated and stabilised while being accommodated in an enclosed stretcher."

Excited about the prospect of this multi-functional vehicle, AV is building a further two, which will be located at Mt Buller and Mt Hotham in time for the 2023 ski season.



A new addition to the Ambulance Museum - A Humber Ambulance





**Ambulance
Victoria**



**Peer
Support**

Retired and Former Employee (RAFE) Peer Support Program

Ambulance Victoria (AV) are committed to improving the mental health of its people, even after they have left the organisation. Whilst working for an emergency service is rewarding, it also comes with a range of unique challenges.

In 2018, AV in collaboration with the Retired Ambulance Association of Victoria (RAAV) introduced a Peer Support Program for retired and former AV employees which provides access to:

- Peer Support (1800 626 377, option 1)
- 24/7 phone counselling line* (1800 626 377, option 2)
- Chaplaincy (1800 626 377, option 3)
- VACU clinician network appointment*
- Other services readily available in the community

** Available to former employees for the first 12 months following separation from AV*

The RAPE Peer Support team are not counsellors and do not make psychological assessments. They are trained to deliver psychological first aid and have excellent listening skills.

The RAPE program is designed to facilitate connection, opportunities for social support and access to community support services. Access to the RAPE program is free of charge and any retired or former AV employee who feels they require support is encouraged to do so.

The RAPE volunteer Peers are available to provide support seven days a week, 7am-5pm.

You can contact our RAPE volunteer Peers by emailing RAPEpeersupport@ambulance.vic.gov.au



Stan Medew receiving his Life Membership Certificate from Paul Chase

With sadness we record the passing of:

Charles (Chas) Martin
Reginald Keith (Sandy) Jones
James (Jim) Osmotherly

May they rest in peace

Quick Quiz Answers:

- A1: M
- A2: Cat
- A3: Cameron Ling
- A4: Can Teen
- A5: 1990's
- A6: Aotearoa
- A7: Leigh Matthews
- A8: Kavlur
- A9: Murray Cod
- A10: Saltwater Crocodile

Committee Matters

Welcome to this our August newsletter and we trust that the cold and wintry weather has not curtailed any of your plans and activities.

During July I and my son managed a 3 week break in the USA and Canada, where we enjoyed some very pleasant 27o weather in Vancouver and Seattle as well as a cruise up the inside passage of Alaska. Unfortunately the clouds persisted and we missed the opportunity to partake a helicopter trip to the glaciers.

On the home front there has been very little activity in regard to the Association except we have finally signed the MoU with Ambulance Victoria for the next 2 years. There has been a couple of minor changes mostly due to governance and protocols in relation to finance.

Late in June we secure the services of Graham Douglas who has agree to take over the role as Membership Officer and we look forward to his continuing input as to how and any other means to encourage former Members of Ambulance Victoria to become involved in the Association.

Graham will take over the role during this month as soon as he and I can arrange a suitable time and location for the change over.

Whilst I was away 3 new Members sent in their Application for Membership. These 3 members will be sent their membership kits later this week but in the mean time consider yourselves members as of the date you signed the membership forms.

I look forward to seeing as many of our Members at the various lunches as I can but there will be some I will not be able to attend either due to personal reasons or time constraints.

Over the past 3 month we unfortunately lost 3 of our Members with the most notable being Chas Martin who was one of the very early Members of the Association and spend 12+ years as President as well as being the curator of the Ambulance Museum. We honour all our Members who have past for their dedication and service to Ambulance.

Ian Cameron
Secretary

District Reports

Allan Cooksley
Coordinator
Gippsland District

We met at the Morwell Bowling Club on Tuesday 24th May with 25 people in attendance. Summer seems a long way away as the day was cold and dank, given the weather it was nice that so many people turned out.

The Committee was represented by Greg Wood and Jim Ballard.

Jim informed the group about the progress we've made with the hearing loss issue and the process for progressing a claim.

Sue spoke about prospective future destinations for the caravan club being either Yarrawonga or Echuca in October.

The luncheon concluded around 14:30 hrs.

Sue Hall
Assisting Coordinator

Metro North District

Our first luncheon for our North Metro Members was held on 21st June at the Darebin RSL in Preston. We hosted 9 Members and were very happy to finally get this District off the ground.

During the proceedings we presented Ron Handley with his Life Membership Certificate, to which he stated he felt very honoured.

We also welcomed Col Evans as the new Co-ordinator for this District and look forward to a gradual increase in attending Members and partners.

The lunch was fine quality and there was much gossip and stories from all.

Wimmera & Grampians District

The 12th May saw 7 Members and guests attend the White Hart Hotel in Horsham for our second gathering. During the proceedings we honoured Ray Harris with his Life Membership Certificate.

All Members enjoyed a generous lunch and as usual many stories were told and many laughs were shared.

Look after yourselves and those around you and please remember that 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.

Kind Regards,

Felicity Topp

Interim Chief Executive
Ambulance Victoria



Urgent Help! Help!!! Please

With the ever expanding number of new Members to our Association and the increasing need to expand our meeting bases we are urgently in need of further assistance with Coordinators for 3 of our Districts as well as at least 2 more Committee members to allow full and comprehensive backup to our Members and the Districts. We are requesting any member who may be able to assist to please come forward and offer their expertise to the Association.

Please contact our Secretary, Ian Cameron, on mobile 0435 010 943 Or email: raa.secretary@gmail.com as a matter of urgency.

Members not in good health

Howard Smith
John Waters
Peter Kerr

We wish all Members a speedy recovery

The Back Page

Retired Ambulance Association of Victoria Inc.

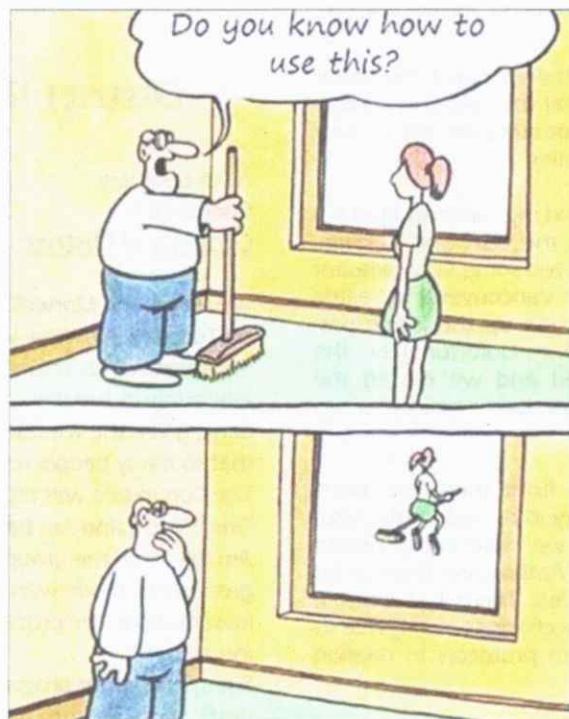


Committee of Management

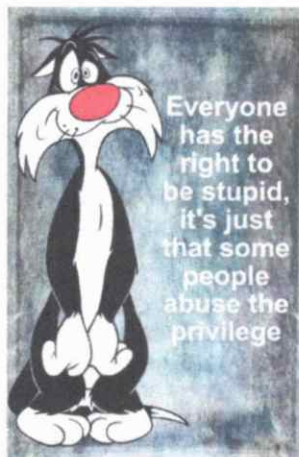
President: Ian Donaldson
Vice President: Greg Wood
Secretary: Ian Cameron
Assistant Secretary: Jim Ballard
Treasurer: Ben Ellis

Committee Members:

Les Wood
John Clancy
John Head



Facebook: Retired Ambulance
Association of Victoria Inc.



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