

**SA Ambulance Service**  
**Retired Officers' Association Inc.**  
**“Friendship and welfare in retirement”**



Patron Dr John E Gilligan AO OStJ FANZCA FCICM Dip Hyperb Med

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**COMMITTEE**

<u>Position</u>	<u>Held By</u>		<u>Contact No.</u>
President	Cliff Pinkard	Elected	#### ### ##
Secretary	Colin Beames	Elected	#### ### ##
Treasurer	Wayne Jackson	Elected	#### ### ##
Welfare	Rod Kershaw	Elected	#### ### ##
Membership Coordinator	Bill Bourn	Elected	#### ### ##
Website Coordinator	Hugh French	Appointed	#### ### ##
Newsletter Coordinator	Gerry Oliver	Appointed	#### ### ##
Social Coordinator	Mary Riddle	Elected	#### ### ##
Riverland Social Coordinator	Rod Pearson	Appointed	#### ### ##
South East Social Coordinator	Alan Balshaw	Appointed	#### ### ##
Historical Coordinator	Robert Dale	Appointed	#### ### ##
Driver Group Fleet Coordinator	Ken Jenkins	Appointed	#### ### ##
Driver Group Events Coordinators	Chris & Helen McGrath	Appointed	#### ### ##
Committee Member	Barry Wright	Elected	#### ### ##



## SAASROA Presidents Report

December 2022 – January 2023

### Introduction

A belated Happy New Year to one and all, I trust you are safe and well and this year is a fruitful period to you and yours.

This reporting period has been fairly quiet over the festive period for obvious reasons.

### Meeting with SAAS CEO

I have locked in a meeting with the SAAS CEO Rob Elliott, one on one in early February to discuss and try and resolve some ongoing issues;

- SAASROA Rondel
- Coffee Breaks on fleet transfers
- SAAS Scene
- Driver Group training
- Honour Boards
- Retirement Seminars
- Extra electrical circuit at Port Adelaide
- SAAS Service Medal

### SAASROA Driver's Group Event Coordinator/Administration Role

Helen and Chris McGrath have now been in the position for two months and are keenly forging ahead getting a grasp on the role and developing new initiatives. Thank you for your commitment to the task and energy in developing what can be an onerous task.

All Driver's Logs and Volunteer Reimbursement Forms for SAASROA fleet transfers and events are to be forwarded to Helen and Chris for authorisation and filing.

### SAASROA Website

Hugh and Gordon are continuing to develop and evolve the SAASROA web site. Hugh will be conducting website training for interested stakeholders after the completion of the SAASROA Management Committee Meeting on Wednesday 08Feb23.

Cliff PINKARD  
President  
SAASROA

05Feb23



## DRIVERS GROUP REPORT

Christmas is over ,Easter is coming; and it's now time to bring out our picnic chairs with a glass of wine and put your feet up.

In 2023 between January to February our drivers group completed 7 trips and there are more trips to come.

Can I please remind all drivers to submit the drivers .log sheets and claim forms to Helen and Chris McGrath.

If you need any help in filling out the claim forms Chris will assist you.

Please keep safe and well and have a very good 2023 year

Ken Jenkins

Task Drivers coordinator ,





## **AmboCare Report – January 2023**

Hello again and a Happy New Year to you all albeit, it is the first week of February as I complete my report. I trust that January has been kind to you and allowing for a steady beginning into 2023.

It has been a relatively quiet month generally in respect to welfare issues, given that some of our members and their families continue to deal with medical / age related issues which, has led to long term Nursing Home care for some of them.

*Content not available*

My respect and thoughts go to both ladies and their families at this demanding time.

Your kind thoughts and prayers (as is appropriate) would be appreciated at this difficult time, not forgetting those who are in a similar position, that you may be aware of.

Could I again ask you all to avail yourselves of the social activities, including the Morning Teas and Lunches as, they go a long way to increasing your feeling of belonging and psychological wellbeing.

Other activities including the Caravan / (cabin) Camping Group “**Getaways**” which, will add to your enjoyment of life.

In closing don't forget that, I am always here for a confidential chat should the need arise.

Until next time, take care and enjoy life.

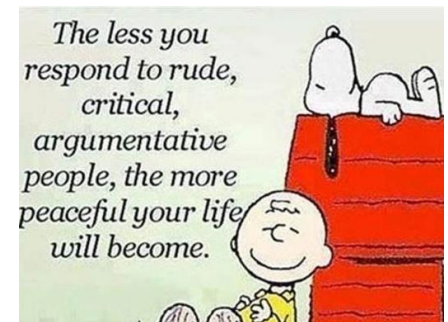
Kindest Regards,

**Rod Kershaw ASM**

Welfare Officer, Vice President

M Soc Sc (Counselling Studies)

*Carpe Diem*







Coffee February 16th



Exeter Hotel February 14th

# 2023 - Catch Ups



Lunch - 12 Noon		Coffee - 10am	
<u>MARCH</u>		16 <sup>th</sup>	Lakeside Café 69 Sir Ross Smith Boulevard Oakden
<u>APRIL</u> 11 <sup>th</sup>	Donchos Cafe (located inside Virginia Nursery) Gawler Road Virginia	20 <sup>th</sup>	Hub Fine Foods Café 5/130-150 Hub Drive Aberfoyle Park
<u>MAY</u>		18 <sup>th</sup>	The Nest Bistro Coffee Bar 104 Walkerville Terrace Walkerville
<u>JUNE</u> 13 <sup>th</sup>	Paradise Hotel 700 Lower North East Road Paradise	15 <sup>th</sup>	The Loose Caboose 21 First Street Hindmarsh
<u>JULY</u>		20 <sup>st</sup>	Zeea's Eatery (@Brickworks) 38 South Road Torrensville
<u>AUGUST</u> 8 <sup>th</sup>	Flagstaff Hotel 1497 – 1503 Main South Road Darlington	17 <sup>th</sup>	Watershed Café 665 Salisbury Highway Mawson Lakes
<u>SEPTEMBER</u>		21 <sup>st</sup>	La Crema Coffee Roaster 14 Denis St St Marys



<u>OCTOBER</u> 10 <sup>th</sup>	Stirling Hotel 52 Mount Barker Road Stirling	19 <sup>th</sup>	Café de Grove (@Garden Grove) 1150 Golden Grove Road Garden Grove
<u>NOVEMBER</u>	AGM	16 <sup>th</sup>	Oar Café 100 Military Road Tennyson
<u>DECEMBER</u> 12 <sup>th</sup>	Watermark Hotel 631 Anzac Highway Glenelg North	21 <sup>st</sup>	Enjoy Bakery 112 The Parade Norwood

As Covid restrictions may continue to change please continue to text  
RSVP numbers to Linda Scheurich

## RIVERLAND



January 6<sup>th</sup> Waikerie

Mar 2 <sup>nd</sup>	12:00	Lunch	Chill & Grill, Renmark
Apr 6 <sup>th</sup>	10:00	Morning Tea	Lakes Bakery & Cafe, Barmera
May 4 <sup>th</sup>	10:00	Morning Tea	River Jacks, Berri
Jun 1 <sup>st</sup>	12:00	Lunch	Loxton Pizza Bar, 7 East Terrace
Jul 6 <sup>th</sup>	10:00	Morning Tea	Cinnamon Grove Café, 77 Ral Ral Avenue, Renmark <b>**Pet Friendly**</b>
Aug 3 <sup>rd</sup>	10:00	Morning Tea	River Jacks, Berri
Sep 7 <sup>th</sup>	12:00	Lunch	Waikerie Club
Oct 5 <sup>th</sup>	10:00	Morning Tea	Loxton Hotel
Nov 2 <sup>nd</sup>	10:00	Morning Tea	Lakes Bakery & Cafe, Barmera
Dec 7 <sup>th</sup>	12:00	Lunch	Renmark Club

Please advise Rod if you will be attending any of these functions.

**COMMITTEE MEETINGS** These are held on the second Wednesday of even months, at 13:00 at Port Adelaide Ambulance Station. i.e. next will take place on April 12<sup>th</sup>

### **Seniors' Quotes**

It's hard to be nostalgic when you can't remember anything.

I've forgotten more than I've ever learned.

Trust me... at my age, I'm an expert on everything.

Age brings wisdom... or age shows up alone. You just never know.

The more you complain, the longer God makes you live.

The older I get, the better I was.

The one who dies with the most toys... still dies.

Age is a high price to pay for maturity.

If you think pushing 60 is hard, wait till you start dragging it.

Now that I know all the answers, nobody asks me the questions.

The reason I'm smiling is because I can't hear a word you're saying.

Everything I can't find is in a totally secure place.



## HISTORIC VEHICLES REPORT – FEBRUARY 2023

Very little has happened since the December report apart from starting all 7 engines, a couple of short runs , washing 4 vehicles, refuelling 3 vehicles and getting 2 ready for the opening of the Strathalbyn .

February 5 we were invited to join in the celebrations of the opening of the new \$4.6 million Ambulance Station. Mary and Jeff took fleet321 plus the recruitment trailer, and I took fleet 322 . Ken had the mini-Ambulance which was a hit and most popular exhibit by everyone particularly with the kids . Outside was a new, display Ambulance had kids climbing in and out plus some had the chance of sitting on the stretcher and being raised , put in the vehicle to see what it feels like , face painting , and an inflatable castle along with the Lions club cooking snags and a broken coffee machine to the many disappointed people and the Station coffee machine was at the old building. I was talking to CFS and three SES members who were amazed by the size of the station and the crew quarters including a very large training room (they were very jealous ) .

I believe the big move takes place on Wednesday 8<sup>th</sup> February. My only comment was it seems some distance out from Strathalbyn , but I guess with the urban spread , houses will start to pop up. A very attractive building and a credit to SAAS in planning for the future crews both career and volunteers . It is a big step forward in comparing the old building they have out grown to the new as the need is there requiring two vehicles to be manned at all times covering a very large area. Well done and congratulations !! This was number two of twelve stations, with Pt. Augusta possibly the next to be built in the near future .

Vehicle Caretaker Robert Dale



I asked old Maud how she lost her husband. She told me her sad story; "Well, he needed a blood transfusion, but his blood type was not on record, so the doctors asked me if I knew what it was, as they urgently needed to know, in order to save my Norman's life.

Tragically, I've never known his blood type, so I only had time to sit and say goodbye.

I'll never forget how supportive my Norman was. Even as he was fading away, he kept on whispering to me, "Be positive, be positive!"

That was my Norman! Always thinking of others."

# A SMALL PIECE OF THE HISTORY OF THE FIRST EVER INTERSTATE COMPETITIONS OF THE INSTITUTE OF AMBULANCE OFFICERS (AUS.)

By Joy Burgess

I was General Manager of the first ever Institute of Ambulance Officers (Aus.) competitions held in Adelaide in the late 1970s.

Due to my experience with competitions (First Aid, Home Nursing, Ambulance Transport Nursing) I was asked to organise this first competitions for the Institute of Ambulance Officers (Aus.)

They were to have two sections – 1. Trauma and 2. Resuscitation.

I was asked to set the scenarios, make up marking sheets, find a suitable location and submit it all to Dr ??? , who was one of the foremost movers of the Institute in SA.

For the Trauma scenario I chose an area at Belair National Park

The scenario involved 2 Venture Scouts who were just completing an abseiling exercise when one of them fell the last 15 feet, landing on a large rock.

Patient #1 sustained spinal injuries and a minor abrasion.

Patient #2 –the second scout was not involved in the actual accident, and after efficiently calling for help, managed the scene and initially assisted the crew, but gradually became less efficient and progressively vague and confused. He was wearing a Medic Alert Bracelet stating that he was a diabetic

There was a car shed in the vicinity where I set the Resuscitation scenario.

The patient had shut herself in with the car's engine running.

I prepared job sheets, marking sheets, lists of things that needed to be on each scene, site plans, isolation areas and routes to sets for the teams, lists of adjudicators, escorts, scene managers, casualty simulation experts, safety precautions etc.

These I submitted to Dr ??? whose response was “Fancy giving highly trained ambulance officers a diabetic in a competition. Any boy scout knows how to treat hypoglycaemia” but reluctantly let me run with what I had done.

I had to be very firm in several areas as most of the other IAO members involved had not experienced competitions before. Just one incident was my insistence on having a secure isolation area and a person dedicated to escorting teams from isolation to each scenario, then back to isolation. Someone suggested that this was quite unnecessary as they were all adults and capable of finding their way from one place to another. I pointed out that a team wandering around by themselves could deliberate or inadvertently see a scenario that they hadn't already done and gain an advantage over other teams and open the door to protests and much disharmony.

At the briefing prior to the competitions the teams were introduced to the organising officials by Dr Des Owens who co-ordinated the adjudicators and interstate hierarchy.

One particular state were absolutely disgusted when they found out the general manager was a female volunteer. He was openly scathing and most disrespectful.

The competitions ran very smoothly, although at the end one team raised a protest saying there were marks given for using some piece of equipment that they didn't have. Dr Des quickly assured them they were marked on the efficiency with which they used their equipment and the results they gained from that, rather than the use of a specific piece of equipment. Another team protested that under the rules of the competition they were only to have one major patient and they had two – a spinal injury and an unconscious patient. Des quickly pointed out that if the unconscious patient had been given glucose earlier he would have recovered fully.

At the presentation dinner that night the competitor who had been so scathing of this female volunteer running the competition came to me and apologised stating that he couldn't imagine any way the whole day could have been better organised or presented.

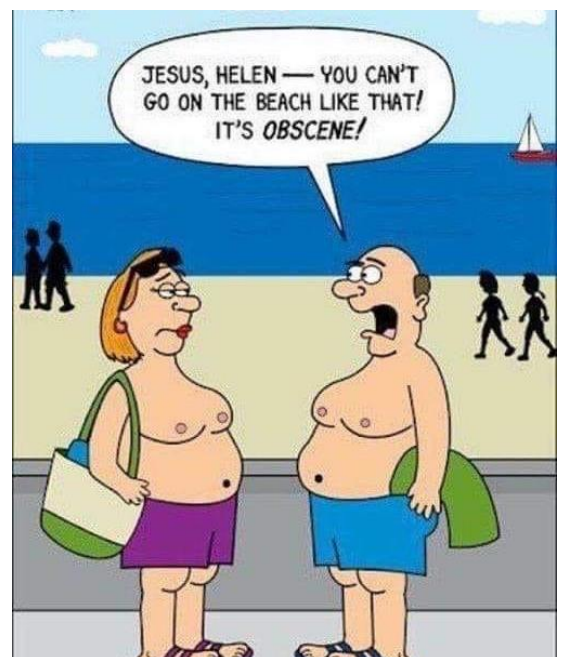
## **OPENING OF THE STRATHALBYN STATION**





March	
1	Robert Dale
3	Jean Pascoe
4	Peter Simms
6	Graham Hambling
8	Chris McGrath
12	Janice McEvoy
13	Jill Beames
21	Philip Clarke
23	Margy Boots
24	Steven Casey

April	
2	Helen McGrath
2	Ann Bowden
4	Alan Battye
8	Merilyn Morrison
12	Kim Hutchinson
14	Peter Mace
16	Malcolm Doyle
23	Helen Stewart
24	Ian Pickering





# VL5FT CARAVAN GROUP



## 2023 Destinations

### GETAWAY 1

Normanville Pam and Rod Kershaw

In - February 27<sup>th</sup> – Out - March 5<sup>th</sup>

*Jetty Caravan Park, Normanville*

*Is about to begin – here we go again!!*

### GETAWAY 2

Jamestown - Mary Riddle and Jeff Anderson

In - May 19<sup>th</sup> – Out - May 26<sup>th</sup>

The Park, Jamestown – Contact 08 8664 0077 Mobile 0408 892 807

Email [www.theparkjamestown.com](http://www.theparkjamestown.com)

Above are Inclusive Booking Dates, (i.e., Out 10:00 a.m. 26th MAY 2023)

Powered sites are \$30 / night with a stay of 7 nights being charged for 6 making it \$ 180.

Cabins are -

Studio Cabins are \$120 / night – Queen bed, large kitchenette with fridge, microwave, toaster, kettle and electric frypan.

Family Cabins start at \$ 140 / night – 2 bedrooms, full kitchen, dining and lounge.

All cabins have Smart TV's, linen provided and bathrooms.

Cabin bookings require 1 night deposit. Powered sites just need to be booked.

Some people have already booked - please do so early as Ali needs to know caravan lengths so she can work out how to put us in a group. Also can you let either Mary or Jeff know when you make your booking.

We are still exploring options. and will be in contact later with those attending this event, to finalise the Happy Hour roster: and to advise you of Coffee Mornings, hotel meals and any other activities.

Kind regards, Mary and Jeff

## GETAWAY 3

### Waikerie Barb and Rod Pearson

In - October 20<sup>th</sup> – Out - October 28<sup>th</sup>

Waikerie Holiday Park (08 8541 2651) 5 ensuite cabins and 10 powered sites have been booked under the name "Retired Ambos 2023". Big4 and Seniors discounts apply, however if members have neither of these, they will be provided with a 10% manager's discount. As always, please advise the convenors once you have booked with the park.



## **Editor's Note**

You will have seen on an earlier page, a photo of the Strathalbyn station opening, provided by Mary. The entire set can be viewed by following this link.

<https://photos.app.goo.gl/A66dnF3rGnm6U9Aq6>

Hugh French is doing some great work getting our web site off and running. It can be viewed via this - <https://www.saasroa.org.au/saasroa/>

To those who have sent me snippets for the newsletter which are yet to appear, please be patient – your contribution will be published, in time.

Cheers,

Gerry Oliver