

Life Flight

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PRINCIPAL SPONSOR RESCUE HELICOPTER



PRINCIPAL FUNDER AIR AMBULANCE



Life Flight

> SAVING LIVES ABOVE ALL ELSE

A CRUSHING BLOW

While moving hefty race gates on a work trip to Blenheim, Wayne Stempa's foot got caught and pulled him underneath.

Wayne says the four-tonne gates that landed on top of him basically broke him in half.

He was severely crushed, with a dislocated pelvis, a broken hip, and heavy bleeding.

"There was only one man in the country that could perform the surgery I needed and he was in Christchurch," Wayne says.

But his injuries were too serious to risk a long bumpy drive, so an air ambulance flight was the only option.

Wayne says the first thing he remembers about Life Flight was meeting the pilot and the nurse.

"They were telling me who they were, where we were going and how long the flight was going to be. They totally made me feel at ease and relaxed and safe."

The Life Flight team were able to safely transfer him to the emergency surgery in Christchurch, and after further recovery care in Palmerston North Hospital he returned home to

Otaki in a wheelchair to start the long journey of relearning to walk.

"If Life Flight wasn't around I don't know if we'd be talking. I don't think I'd be standing or at work. They saved my life," Wayne says.

"The accident has given me a totally different outlook on life. I just totally enjoy life now because I've been given a second chance. Thank you so much for everything."

We caught up with Wayne after his first day back at work. It was very inspiring to see him walking again and recovering well. To watch the interview video visit www.lifeflight.org.nz/patient_stories.php



"IF LIFE FLIGHT WASN'T AROUND I DON'T KNOW IF WE'D BE TALKING."

Wayne has a magic touch for calming horses - here he is at work in Otaki.

THE CHALLENGE OF RESCUING PEOPLE AT SEA



1. Your donations fund training missions so our teams can stay ready to respond to all types of emergencies 24/7. Here the Life Flight team flies to Worser Bay for water rescue training in the Westpac Rescue Helicopter.
2. Locating the patient and getting into position is a team effort from everyone on board. As the pilot manoeuvres the chopper they can't see the patient below so the crewperson looks out the side door and guides them into position. The rescue swimmer (a Wellington

Free Ambulance paramedic with special training) sitting in the door gives the "thumbs up" to let the team know he's ready to make the jump into the ocean below with the harness.

3. The winch cable is lowered to the rescue swimmer while he secures the patient into a harness.
4. Both are pulled into the helicopter by the powerful winch. The interior is fitted out like a small intensive care ward so emergency care can begin straight away.

“THESE THINGS CAN HAPPEN TO ANYONE”

Mary was a self-confessed “fitness freak”, so you can imagine her shock at waking up in hospital with a heart condition.

“Whether you’re fit or not, it turns out these things can happen to anyone,” she says.

Life Flight teams have rushed her to Wellington Hospital twice in the Westpac Rescue Helicopter after she fell unconscious at home in Blenheim.

She’s also had four urgent flights in the Life Flight air ambulance plane, to hospitals in Christchurch and Auckland for the same condition.

Mary was diagnosed with hypertrophic cardiomyopathy. The genetic condition forces the heart to work harder and can cause heart failure. The condition can be fatal but thanks to your donations Mary could be flown to hospital in time to receive emergency care.

She’s since had to make major lifestyle changes, including taking early retirement after 40 years of nursing. “I’m still helping people, but I’ve taken a different direction,” she says.

Mary became President of Blenheim Lions last year and one of her first tasks was to organise the Life Flight street collection. She felt honoured to take over from Ray March who ran the appeals for 15 years before he passed away in 2010.

Mary says, “If it wasn’t for Life Flight I wouldn’t be here, it’s as simple as that. I don’t think many people have the privilege of being saved so many times. It’s hard to put it in to words but I’m incredibly grateful.”



“IF IT WASN’T FOR LIFE FLIGHT I WOULDN’T BE HERE, IT’S AS SIMPLE AS THAT”

1. Mary and husband Harold visited the Life Flight base last year.

2. Mary at home with her lovely dog Joey.



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UPCOMING EVENTS

ROUND THE BAYS: Sunday 26 February

At Life Flight everyday is a race. In medical emergencies the time saved by flying could save your life. Join 'The Life Flight Flyers' to run or walk Round the Bays. Email hanna@lifeflight.org.nz to join us or visit everydayhero.co.nz/life_flight_flyers to support.

MOUNT KILIMANJARO: February

Lynne Stephens is heading to Africa to climb Mount Kilimanjaro, getting sponsored and donating the proceeds to Life Flight. Follow Lynne's progress and support her here www.everydayhero.co.nz/lynne_stephens

WAIRARAPA SUMMER RALLY: 17-19 February

Motorcycle rally at Clarkes Domain, Mauriceville. Live bands, competitions and onsite camping. For tickets and more information email wairarapa_summer_rally@yahoo.com.au

MARLBOROUGH SOUNDS DISCOVERY CRUISE: 11 March 9.30am – 6.30pm

The Rotary Club of Wellington North invites you to join their unique charity cruise aboard the Interislander's Arahura for a return sailing through Wellington Heads, to Pelorus Sound and D'Urville Island.

Enjoy a fantastic day out with stunning scenery and wonderful onboard entertainment and activities. Proceeds support The Life Flight Trust, Wellington Free Ambulance and The Wellington North Rotary Club Charitable Trust.

Adults \$195, children 12 and under \$150 and onboard parking (limited availability) at \$20 per car.

To book phone 0800 878 898 or email groups@interislander.co.nz specifying 2012 Marlborough Sounds Discovery Cruise.

LIFE FLIGHT OPEN DAY: 6 May, 10am – 2pm at Life Flight, Lyall Bay

Once again come down to the hangar for one of the biggest days on the Life Flight calendar. Get behind the scenes with our crew and pilots and even get the chance to win a flight on the Westpac Rescue Helicopter. There will be demos, displays, food, kids' entertainment and much, much more!

Children free, adults \$5 donation.

THANK YOU!

Over the last months this community has kept us flying thanks to your brilliant fundraising initiatives. From students, to line dancers and runners – thank you for supporting us, and helping save lives. If you have a fundraising idea or feel inspired we would love to hear from you and help

you help us. Call Hanna on 04 920 2237 or email events@lifeflight.org.nz

ONSLow COLLEGE: The auctioning off of senior pupils for the college's annual Slave Day raised \$1800.

MASTERTON FUN RUN: Rob and Helen Barber got the people of Masterton running for the second year to raise \$1309.

KAPITI CROSSFIT: The challenge of 17 gruelling minutes on a crossfit machine raised \$1196.

GROUNDSPREADERS CONFERENCE: Thanks to the NZGFA members who donated the \$5000 they raised from the auction at their annual conference.

LINE DANCING: The Rimutaka Line Dancers held another annual event and yet again donated \$338 from the dance.

Round the Bays



Open Day



Marlborough Cruise



Masterton Fun Run



TEAM MEMBER PROFILE:



Steve Reeve – Air Ambulance Crewman

This year we celebrate Steve's 10th anniversary as a Life Flight Crewman.



“GREAT MEMORIES ARE OF THE KIDS YOU'VE FLOWN, AND THEY'VE RECOVERED FROM A HORRIFIC INJURY.”

What does your job involve?

I work as part of a team to safely and efficiently transfer patients, medical teams, and relatives from one hospital to another, anywhere in the country at anytime of the day or night.

What skills and traits are important?

Compassion is a big one. You're dealing with people who are going through some really tough times so you have to be compassionate. Commitment is also important. Getting up at 3am to go on a mission is not always easy, and the shifts can be long and challenging so you need to be dedicated.

Are there any unusual aspects to the work?

Travelling around the country for years, but seeing only airports, hospitals and the backs of ambulances!

As in many emergency services, humour is used to lighten the atmosphere or you can carry around a lot of emotional baggage. We have fun on the job where possible and then we get serious when we need to.

Have there been any memorable missions?

The horrible trauma accidents stand out in your mind of course. But the great memories are of the kids you've flown, when they come to see you a few years later and they're up and walking again or they've recovered from a horrific injury.

What's the best part of your job?

Being part of a team that is helping people is personally very rewarding. Every day is different and challenging, you just have to enjoy it and do your best and take each day as it comes.

FROM THE CHAIR AND CEO

We are very pleased to announce His Excellency Lieutenant General The Right Honourable Sir Jerry Mateparae GNZM, QSO Governor-General of New Zealand has become Life Flight's Patron.

His Excellency continues a long-standing tradition of the Governor-General acting as our Patron, which began in 1987 when Sir Paul Reeves offered Life Flight his support after Peter Button's tragic death.

Last year His Excellency hosted an evening at Government House to celebrate 35 years since Peter Button started air rescue services in this region. It was a special evening and we were thrilled to share the occasion with the Button family and some of the people who have kept Life Flight flying throughout the decades.

Thank you for your commitment to saving lives. Your support is greatly appreciated.

Bill Day JP
Chair

David Irving
CEO

Long-term dedication is definitely a theme here at Life Flight. This year we celebrate Bill Day's 30th anniversary as a Trustee!



Governor-General Sir Paul Reeves presenting bravery awards to Peter and Clive Button for their part in the Lady Elizabeth rescue in 1987.

COMPLETE THIS SURVEY AND YOU COULD WIN A DYNAMO TORCH RADIO!

It would help us out a great deal to find out more about you. Complete this survey and go in the draw to win one of five wind-up dynamo torch radios. Please fill in the form below and mail it in the freepost envelope or fill it out online at: www.surveymonkey.com/s/LFT



First name:

Last name:

Supporter number (if known):

1. Gender:

Female Male

2. Age:

19 or under 60-79
 20-39 80+
 40-59

3. Do you have children or grandchildren?

Aged 0-5 Aged 19 or older
 Aged 6-18

4. When you think of helicopter rescues, which company or organisation first pops in to your head?

5. Would you be interested in volunteering for Life Flight?

Yes No

6. Would you be interested in:

Attending Life Flight events
 Organising an event

7. Would you consider promoting Life Flight in your workplace or to friends?

Yes No

8. Would you be interested in having a tour of the Life Flight base?

Yes No

9. Have you considered leaving a bequest / gift in your Will to Life Flight?

Yes No

No, but I'd like some further information

10. Have you flown in our:

Westpac Rescue Helicopter
 Air ambulance plane

11. Do you know someone who's been flown by Life Flight?

Yes No

12. Are you interested in outdoor activities (you can select multiple options):

Tramping
 Diving
 Motorcycling
 Cycling/Mountain biking
 Yachting/Boating/Fishing
 Horse riding
 Other

Continued over



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Photo: Derek Quinn

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