



Branch Patron

Air Commodore Tony Jones

President

Trevor Beams

Phone: 07-4773 4310 or 0455 940 615

email: tvlpres@raafaqld.org

Secretary

Basil Nelson

Phone: 0456 992 621

email: tvlsec@raafaqld.org

Postal Address

PO Box 4031

KIRWAN QLD 4817

AIR FORCE ASSOCIATION – TOWNSVILLE BRANCH

FLIGHTLINE

Volume 23 No. 1

Next Branch Meetings

Sunday 12th March 2023
(Monthly Meeting & AGM)
0930 Hours
Bolton Clarke Community Centre, Rowes Bay

Next Branch Event

Barefoot Bowls
17th March, 1800 Hours
Kirwan Sports Club

CONTENTS

Volume 23 No. 1

- 1 Birthdays and Newsletter Contents
- 2 Member Profile
- 2 AirSmart – Air quality app
- 3 Aviation Humour
- 3 ADF Information Expo
- 3 Branch Breakfast
- 4 A Book In Review
- 4 Upcoming Branch Events
- 5 CellAED – a handheld defibrillator

★HAPPY★
BIRTHDAY!

On behalf of all Branch members, we wish those members below who celebrate their day of birth in February & March, a very Happy Birthday

Tony Murray
Michael Surman
Mel Dundas-Taylor
Wayne McCarthy
Steve Cox
Earle Murray
David Cowie
Michael Hartley
Paul Gebran
Colin Gardner
Ed Preston
Ron Cooper
Martin Mayes



MEMBER PROFILE

HELP! More entries needed. If you have not already appeared in the “Member Profile” section, all you have to do is answer the questions below and send them, with a smiling headshot, on an email to tvlsec@raafaqld.org.

Your Name;

Where were you born?;

Where did you go to school?;

What are your interests/hobbies?;

Do you have a favourite book/movie/song?;

When did you join the military?; Where was your favourite posting?;

What is on top of your bucket list?;

What do you like about Townsville?

AirSmart - An innovation from Asthma Australia

The Australian app for air quality

The 2019/20 Australian bushfires were unprecedented in intensity, scale and duration. The bushfire smoke blanketed our cities and towns in toxic pollution for weeks on end. There was limited air quality data and health information did not consider people with health concerns that made them more sensitive to air pollution. The information also wasn't consistent for different parts of the country. This made it hard for people to protect themselves and their families from the smoke. The smoke affected people's mental and physical health, ability to go to work and school, income, physical activity, participation in social and recreational activities. During this period more than **400 deaths** were attributed to bushfire smoke.

Australia is not immune to the health consequences of air pollution. We need to build awareness around the hidden impacts of air pollution on health which affects Australian lives. There is no safe level of exposure to air pollution. People can have serious health effects even with low levels of air pollution – well below the extreme levels during the 2019-2020 bushfire crisis. Fine particulate matter (PM2.5) emitted from transport, mining and power generation in Australia contributes to over **2,600 deaths a year**.

Later inquiries recognised the need for a national air quality public education campaign. *Asthma Australia is leading this national campaign because helping people to breathe better and live freely is at the centre of everything we do.*

AirSmart aims to do for air quality what SunSmart has done for sun exposure: help people in Australia understand the health risks and know how to respond. The SunSmart example tells us this can't be done in a year, but instead it needs to be a long-term project.

The **AirSmart** campaign is about making sure those more sensitive to air pollution can take action to protect themselves. Sensitive groups include:

- People living with asthma or other lung conditions.
- People with heart disease.
- People living with diabetes.
- People with a history of stroke.
- Young children.
- Elderly people.
- Pregnant people, unborn and newborn babies.

Asthma Australia's **AirSmart** app gives you the information you need to plan your day and reduce exposure to air pollution. Peruse this information and download the **AirSmart** App at <https://www.airsmart.org.au/download-the-airsmart-app>

(Article supplied by Doug Millican)

AVIATION HUMOUR

DAD JOKES ABOUND

1. I hear they're trying to make flying fridges. It's a cool concept but I don't think it's going to take off.
2. ROBERT: Where does a mountain climber keep his plane?
IAN: Where?
ROBERT: In a cliffhanger.
3. What happens to a bad airplane joke?
It never lands.
4. Why did the kid study in the airplane?
Because he wanted a higher education!
5. What's the difference between a jet engine and a flight attendant?
At the end of the flight the jet engine stops whining
6. Why do they have frosted glass on airplane toilet windows?
Who's going to look in at thirty thousand feet!
7. A vulture is boarding an airplane carrying two dead raccoons.
The flight attendant says, "I'm sorry sir, there is only one carrion allowed per passenger."
8. Why are drone pilots considered the snobs of the sky?
They are always looking down on everyone.
9. What's an airplane pilot's favourite flavour of chips? Plane.



ADF MEMBERS & FAMILY INFORMATION EXPO

On 11th February, the Branch participated in the ADF Members & Family Information Expo at the Townsville Stadium. As has been done on previous occasions, a RAAF Association Branch stall was set-up with brochures, Wings magazines and other giveaways with the goal of making ADF families aware that our association is active here in Townsville.

Ted and Lindsay set up our site then Doug Millican and I manned (or should that now be "personed") the stall for the duration of the expo. This was the first information expo since 2019 due to COVID restrictions.

There was a steady movement of people through the 120+ sites – the most popular were the exhibitors that had give-aways on their stalls! Quite a few people stopped and had a chat with us (perhaps because we had a lolly jar on the table) and many picked up the old copies of Wings. Unfortunately, no one committed to join up.

Doug and I had an opportunity to have a stroll around the stalls. It was pleasant to be able to catch up with the other ESOs and have a chat with many of the groups and businesses who have an interest in Defence personnel and their families.

I believe the day was a success as we were seen to attend and we hopefully have sown a seed of interest on some.

*Trevor Beams
Branch President*

BRANCH BREAKFAST

Last Sunday 19th February, the Branch held its first social function for the year - Breakfast at The Old Railway Café. A small place but most of the 18 attendees were quite happy with the venue.

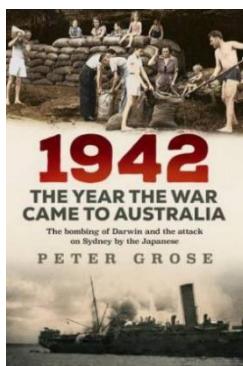
The menu was first-rate, and the prices were reasonable plus, it seems, organising an advance menu meant that the meals came out in a reasonable time.

The discussions by those attending seemed to be lively and all appeared to enjoy their time.

A good start to the year with hopefully more enjoyable outings to come.

*Doug Millican
Branch Vice President*

A BOOK IN REVIEW



Author
Peter Grose
ISBN
9781761066641
Published
30/11/2021
Binding
Paperback
Pages
592
QBD Price: \$34.99

The story of the bombing of Darwin and the Japanese midget sub attack on Sydney Harbour in one volume from the bestselling author of *An Awkward Truth* and *A Very Rude Awakening*.

'Grose's compassionate, honest and vivid account deserves to be widely read.' *Sun Herald* on *An Awkward Truth*

'About as good as any yarn can get . . . a great retelling of a great story.' *Sydney Morning Herald* on *A Very Rude Awakening*

The bombing of Darwin by the Japanese on 19 February 1942 was the first foreign assault on Australian soil since settlement. The Japanese dropped more bombs on Darwin, killed more civilians in Darwin and sank more ships in Darwin than Pearl Harbor.

Three months later, on 31 May 1942, three Japanese midget submarines crept into Sydney Harbour and caused an unforgettable night of mayhem, high farce, chaos and courage. The war was no longer confined to distant deserts and jungles. It has well and truly come to Australia.

Absorbing, spirited and fast-paced, *1942: the year the war came to Australia* tells the story of the under-armed and unprepared soldiers and civilians who faced their toughest test on home soil.

Have you read a good book lately that you think other members may enjoy? Then write a brief review and send it in for inclusion in our newsletter

UPCOMING BRANCH EVENTS

17th March, 1800Hrs

Barefoot Bowls

Come and join us at the Kirwan Sports Club on Bamford Lane for a fun evening of bowls a fellowship. Meals/snacks are available at your own expense over the bar and can be ordered up to 2030h however, the venue has asked that any food be ordered before 2000h because of the expected numbers.

This is a family event so bring the kids and grandkids along and see if we can beat our attendance record and have a memorable time. Book your attendance via the **MMS**



12th March 2023 AGM

Our AGM will follow the normal Monthly Meeting and will include a light lunch. We have a guest speaker, Kathryn Starkey from Defence & Veterans Legal Service, who will talk about the role of the legal service with regards to the current investigation into suicides in the ADF (and maybe any other services that can be provided 😊). Lets show our guest speaker our strength and show up in numbers.

As catering is involved, we need an accurate indication of the number attending so please indicate on the **MMS** event list your intention to attend this important meeting.



CellAED a revolutionary AED technology in the palm of your hand

A new type of life-saving defibrillator has been created by a Sydney father after he almost lost his wife to a cardiac arrest.

Donovan Casey, who is the CEO of medical technology development company Rapid Response Revival, was inspired to develop the new defibrillator, CellAED, after his wife Sarah almost died.

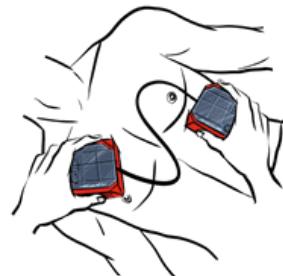
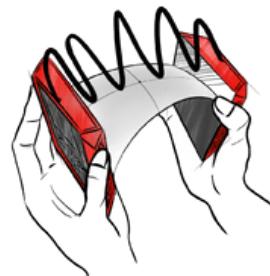
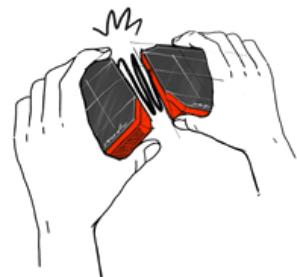
"Thirty thousand Australians a year aren't so lucky. She was a customer for a product that didn't exist, and we invented it."

This new Australian technology, which is available soon, is much smaller, more portable, and cheaper than standard defibrillators, and it is a defibrillator that can be carried in a bag, briefcase, or in the car. At least 75 countries have now certified the CellAED defibrillator, which is expected to be available in the Australian market soon

CellAED® is a handheld, smart, personal defibrillator, for use together with CPR, in the treatment of sudden cardiac arrest in both adults and infants - bridging the gap until Emergency Services arrive. Designed for your home and workplace. Easy to use under pressure in three steps: Snap Peel Stick®. Guided by audio voice prompts. Pre-charged battery and no need for replacement pads or gels."

Rapid defibrillation is the only effective treatment for sudden cardiac arrest. The chances of surviving sudden cardiac arrest drop by 10 percent for every minute CPR and defibrillation is delayed. With CellAED® on your person it can give you peace of mind as you can be prepared to act in those first few critical minutes, buying time until emergency services arrive. Peruse the info or get your CellAED at <https://rapidresponserevival.com/cellaed/>

It's as easy as: SNAP PEEL STICK™



(Article supplied by Doug Millican)