



LOWE CORPORATION
**RESCUE
HELICOPTER
SERVICE**

OFF THE LANDING PAD

FEBRUARY NEWSLETTER 2019

INSIDE THIS ISSUE

Upcoming Events

Latest Missions

New Helicopter and more!



Te Mata Winch

In an instant – everything can change

Everything can change in the blink of an eye and that was the reality for Laura Spalding when she went for a mountain bike ride through Te Mata Peak Park in October last year.

Laura is a Physio and with a busy and demanding job she often heads up late afternoon to Te Mata Peak Park for a mountain bike ride. This day was no different than any other. She arrived, set up her bike, hopped on and headed on the trails through the park that she knows so well. She was near the end of the track when she simply crossed a small bridge that she had crossed many times before – but this time was different. She slightly misjudged the side of the bridge and the next thing she remembers is lying at the bottom of a big drop below the bridge in excruciating pain and unable to move. She had suffered a serious concussion and a broken collar bone. She realised she was in real trouble.

Laura recognises that she was extremely fortunate the accident happened close to Chambers Walk, which is one of the most popular walks in the park. Fortunately there were people close by who had heard her fall and came to help her. The Rescue Helicopter was called when the 111 responder learnt how inaccessible Laura was.

From there it was a bit of a blur. Laura clearly remembers the relief when she heard the noise of the Rescue Helicopter approaching. The crew winched a St John's Intensive Care Paramedic down to the scene to assess and stabilise her. She was winched up into the helicopter and six minutes later arrived at the Hawke's Bay Hospital for further treatment.

Laura took time to recover from her injuries but is now back at work. She's very aware that without the people who heard her fall and the quick extraction by the team at the Rescue Helicopter, her recovery and injuries would likely have been very different.

"The team who dealt with me were so professional and I felt completely safe knowing I was going to be okay," Laura says. "We are so lucky to have such an experienced and awesome team and such a great service available for people like me, who in a very quick second, desperately need critical emergency care and transport to hospital. I will be forever grateful that they were there for me when I needed them." ■

// MEET THE CREW - PILOT HAMISH (RAMBO) RAMSAY

Hamish Ramsay, aka Rambo, has been a welcome addition to our Rescue Helicopter team. He is a very experienced and dedicated pilot and has a great sense of humour! His very gorgeous wee daughter Lilah sometimes pops in to see her Daddy at the Hangar when he is on duty.

We asked Hamish some questions to find out more about his life as a RESCUE HELICOPTER PILOT.

// HOW LONG HAVE YOU WORKED FOR THE RESCUE HELICOPTER SERVICE?

It is coming up to two years now. I moved up from the Wairarapa where I was working in an Agricultural Helicopter business. I have been flying helicopters now for 22 years.

// WHAT DO YOU ENJOY MOST ABOUT DOING THIS ROLE?

I really enjoy being able to help people at what will often be one of the most challenging times in their lives. It is nice to know that no matter where they are or how remote they are – that if they need urgent medical care – that we can help. Even for those who live in town, we do so many transfers to Wellington and Auckland for people that need urgent specialist care, or transfers from Wairoa to the hospital here. It means that we can be dealing with people of all ages at any time.



// WHAT ARE SOME RESCUE MISSIONS THAT ARE HARD TO FORGET?

This is a tough one. We have so many rescue missions and most leave an imprint on me in some way. I make sure that I always remember that it is a person who has a life and loved ones that we are going to. Although sometimes that is really tough, it also means that I can really appreciate the part I have had in saving their life.

Soon after I started, I transferred a young child who was really sick up to Starship Hospital in Auckland. They were a similar age to Lilah at the time and it was one of the first times that I really realised how vital this service was. It sunk in that if something like that ever happened to Lilah, we could help and make a difference, potentially saving her life. I understood exactly what that relief would feel like as a parent.

We are so often one of the first on the scene. That's the toughest part as you see the accidents or emergencies not long after they have happened.

We can be anywhere near base and get the pager call and we just drop everything and go. It doesn't matter who, where, what, the response is always the same. We get airborne within minutes ensuring we have everything required onboard depending on what the mission is. It may be a winch job, or an emergency requiring a specialised Intensive care Paramedic. Our aim is to get to scene as quickly as possible.

I'm not a trained medical professional so after I have landed the chopper, I just try to help in any way I can. Whether that's holding a torch because it's dark and the medic needs to see what they are doing or holding a gauze in place under the direction of a paramedic to stem blood flow. I just want to know that I have done everything I can to help in that emergency situation.

// WHAT DOES AN AVERAGE DAY LOOK LIKE AS A RESCUE HELICOPTER PILOT?

Every day is different, and I really love that. I can be doing a hospital transfer to Wellington or Wairoa one day and then winching a paramedic down into the middle of the Ruahine Ranges the next. We never know when we will get a page that a job is on.

Lastly, we asked Hamish's daughter Lilah what she thought of her dad being a Rescue Helicopter Pilot. Her answer was...

My Daddy picks up sick people and makes them smile.



CAPE KIDNAPPERS TRAIL RUN


The Cole Murray Cape Kidnappers Trail Run was a huge success in 2018, raising \$10,000 for the Lowe Corporation Rescue Helicopter Service.

The 2019 event will be on the 12th of October. The course is set mostly on private land and includes windswept beaches, native forest, waterfalls, river gorges and stunning coastal farmland. If you haven't been to Te Kauwae-a-Maui / Cape Kidnappers before, you don't know what you are missing. The views are simply spectacular!

The event offers a variety of distances to suit everyone - a 45km ultra run only, a 32km run or walk, a 32km team run or walk and now also a 5k run or walk.

Find out more here -www.capekidnapperstrailrun.co.nz





**A 3 COURSE DINNER EXPERIENCE
PRESENTED BY GARETH STEWART**

& CHARITY AUCTION

TO BENEFIT THE LOWE CORPORATION RESCUE HELICOPTER

Friday, 29 March 2019 from 6.30pm

NAPIER CONFERENCE CENTRE

TICKETS AVAILABLE FROM WWW.HBHRT.ORG.NZ DRESS SEMI-FORMAL

You heard about the success of last year's event with Martin Bosley. This year looks to be bigger and better than ever.

Internationally acclaimed chef who trained in Michelin star restaurants, Gareth Stewart will be tantalizing taste buds at our annual "Dine With..." fundraising event. He was the judge on My Kitchen Rules. He is the Nourish Group's National Executive Chef for iconic restaurants such as, Euro, Soul Bar, Shed 5, The Crab Shack, Pravdo, Jervois Steak House as well as a multitude of others.

Last year Martin Bosley, cooked up a storm and this year guests can expect an even bigger treat with Gareth. We have expanded

the venue to accommodate more people. This year's event will be on the 29th of March at the Napier Conference Centre.

Tickets are \$140pp or \$1300 for a table of 10. You will be greeted on arrival to live music and champagne. You will then enter the beautiful ball room at the Napier Conference Centre with stunning views out to the ocean. A decadent three course meal designed by Gareth Stewart will be served. We will then have our amazing auction to raise funds for our lifesaving service.

MEET THE LATEST HELICOPTER! HIQ!

You may have seen our new helicopter flying around. It's bright yellow and hard to miss. We are so excited to have this available for the Hawke's Bay community. It has some great new features and we even have more crew to staff it! Check it out below.



New pilots, Skiv Devescovi, we will feature Skiv in our next newsletter



State of the art cockpit with very latest advanced technology and digital displays



/// FIRST MISSION IN THE NEW RESCUE HELICOPTER

On Saturday 8th of December Marg and Tom Dalton were enjoying their garden as they often do: Marg looking after her flower bed and Tom down in his vegetable garden.

Stopping for a coffee break, Tom walked into the house surprised that Marg wasn't already in there. Little did he know, she was downstairs exhibiting the first signs of a heart attack.

Quickly the couple raced to Taradale Medical Centre. There was no hesitation about how serious her illness was. She was rushed by ambulance to Hawke's Bay Hospital, then flown by Rescue Helicopter to Wellington where cardiac specialists were waiting for her.

For Marg the experience was sobering but also impressive – the efficiency and effectiveness of the public health system and the responsiveness of the Rescue Helicopter service.

"To have been in the garden that morning enjoying the sun, to that afternoon being in Wellington Hospital under the care of cardiac specialists was incredible. I am very thankful."

An active and generally healthy person, Mary had no history of cardiac disease. She's now aware that such an episode can happen to anyone

The Daltons have been a donor to the Rescue Helicopter service for a number of years.



Now with personal experience, Marg and Tom are very thankful the service exists.

Beth O'Reilly, the Rescue Helicopter Marketing and Fundraising Manager said "We do many hospital transfers every single year with countless lives saved, however we so rarely get to meet the patients after. Our service was there for Marg, as it will be for many people this summer and the months to come.

"We have to fundraise \$1.3 million each year to keep this service going and we rely on the community to do that. Thanks to Marg, Tom and other donors like them in the community, our service was there that day."

The new Rescue Helicopter at Wellington for patient transfer



REMEMBER IN AN EMERGENCY DIAL 111



UPCOMING EVENTS: DATES FOR YOUR DIARY

Dine With... Gareth Stewart – Friday 29th of March. Find out more on www.hbhrt.org.nz or by calling us on 06 878 1630

Grape Debate 2019 – Saturday 29th of June. It's back again and is always a quick sell out. Bex Tacon from Planit Events organises this to benefit our Rescue Helicopter Service. You can find out more on their facebook page www.facebook.com/grapedebatehb

The Cole Murray Cape Kidnappers Trail Run – 12th of October. They are fundraising once again for our amazing service. Find out more here: www.capekidnapperstrailrun.co.nz

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They support us every year to ensure we can get our messages to the Hawke's Bay Community and we are so appreciative!



KEEP IN CONTACT

Fundraising and Administration (06) 878 1630
Rescue Hangar (06) 878 1633

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