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Photo courtesy of Daniel Blake

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Far North Queensland Hospital Foundation news

Pedal power

"I don't know whether to smile – or spew!" said one exhausted, but elated rider as she dismounted from her bike at the end of the 2012 Cardiac Challenge on 1 October.

Fortunately, smiles, hugs and laughter dominated the scene as 331 riders gathered on the outskirts of Cooktown that day, prior to cycling down the main street in a blazing cavalcade of orange, purple and gold.



The 2012 Cardiac Challenge cavalcade sweeps into Cooktown on 1 October

The demanding three-day, 335-kilometre fundraising ride from Cairns to Cooktown tested not only physical stamina, but the teamwork skills of the participants – ranging in age from 10 to 74 years – who rode in 13 packs.

Foundation Fundraising and Marketing Manager, Glenys Duncombe, said the camaraderie shared by the riders, their support crews and the SES, army and navy volunteers was a valued feature of the Cardiac Challenge, as well as the personal sense of achievement experienced by each participant.

She pronounced the 2012 Cardiac Challenge an outstanding success.

"We had a record number of participants, who raised a record amount of money – and had a fantastic time as well," said Ms Duncombe.

To date, the 2012 event has raised more than \$330,000 to enhance cardiac care services in the Far North Queensland region.

Check out the Cardiac Challenge Facebook to view some of the great photos taken during this year's ride.

They're off ... and fundraising!

Help ensure the Foundation is a winner this Melbourne Cup Day (Tuesday, 6 November) by celebrating the event at one of the following venues, which will donate a portion of their Melbourne Cup luncheon ticket sales to the charity.

Pullman Reef Hotel Casino, Cairns

Lunch: Champagne on arrival, followed by a delectable seafood buffet

Activities: Live entertainment, fashion parade, sweeps, raffles, lucky door prizes and an auction of tempting items

Time: 12 noon - 3 pm

Cost: \$100 per person

Contact: Phone 4030 8798 or email events@reefcasino.com.au

Angsana Resort, Palm Cove

Lunch: Welcome drink and canapes, followed by a sumptuous two-course a la carte set menu

Activities: Live entertainment, exciting horse race on Palm Cove Beach, prizes for best dressed and best hat/fascinator, door prizes

Time: 12 noon - 3 pm

Cost: \$89 per person

Contact: Phone 4059 3000 or email sales-cairns@angsana.com

Nu Nu's Restaurant, Palm Cove

Lunch: Cocktail on arrival, followed by a fabulous five-course meal

Activities: A tempting selection of sweeps and raffles

Time: 11 am for an 11.30 am start

Cost: \$85 per person

Contact: Phone 4059 1880

Bear-faced ambition!

It's time to bear all for charity!

Sentimental teddy bear owners and collectors, as well as stuffed animal fashionistas are invited to enter their best dressed teds in the Teddies at Work and Play competition at Cairns Central on 10 November.

The entry fee for bears is \$5 per ted. Bear owners may take their teddies home after the event – or donate them to raise funds at a silent auction.

All money raised from the competition will be donated to the Foundation's Paediatric Playground Project.

For further information, phone 0432 128 004 or email ozgramps@gmail.com



Making waves for charity

Liquid assets will be on the agenda in late November, when sea-faring fundraisers set off on the 2012 "Unit's" Jet Ski Fundrun from Cairns to Fitzroy Island.

The annual event aims to raise money to improve facilities for terminally-ill cancer patients at the Cairns Base Hospital.

This year's Fundrun will commemorate the tireless fundraising efforts of Manunda resident, Brian ("Unit") Wilson, who sadly lost his own battle with lung cancer at the age of 46, on 19 May this year.

Mr Wilson channeled his energy into assisting Cairns Base Hospital Oncology Nurse Unit Manager, Danielle Peever and her staff to raise funds to create a Tranquillity Room - a special, home-like retreat for terminally-ill cancer patients and their families – within the oncology ward.

Mr Wilson's mother, Dawn Butler, and step-father, Harry, will also travel from Victoria this year to support the fundraiser that was so close to their son's heart.

The 2012 event has been extended to two days: participants will leave the Cairns Esplanade at 11.30 am on Saturday, 24 November; stop for lunch at Vlassof Cay; and then head to Fitzroy Island for a special presentation ceremony and dinner.

Those who prefer sails snapping in the breeze or the leisurely chug of an outboard motor will be pleased to know that the Fundrun is not restricted to jet ski riders. Participants who register as "non-riders" can utilise any form of sea craft – including ferry services – to make their way to Fitzroy Island, as long as they fulfil their fundraising requirements.

In addition to paying a registration fee (to help cover event running costs), each participant is expected to raise a minimum of \$200 – which will go directly towards the purchase of furnishings for the Tranquillity Room.

Among the list of items on the wish list for the room are extendable "sleep-over" chairs and lounge chairs, a coffee table, bar fridge, flat screen television and DVD player, a CD player and e-book.

For further information about the 2012 "Unit" Jet Ski Fundrun, contact Paula Campion on 4226 6723 or fundraising1@fnqhf.org.au or visit www.jetskifundrun.com.au.

Note: Register online before 31 October to take advantage of the early-bird registration fee of \$75 (which increases to \$90 from 1 November).

Registered participants will receive an eye-catching event shirt, lunch at Vlassof Cay and dinner with live entertainment on Fitzroy Island. Breakfast will also be provided on Sunday.

However, participants will be required to book and pay for their own accommodation at the Fitzroy Island Resort on Saturday night. The Foundation has organised generously discounted rates for Fundrun participants. Visit www.fitzroyisland.com for further details.

Time to wrap it up

A number of people are not rapt about gift wrapping.

For a gold coin donation, they are more than happy to pass the parcel contents to one of the nimble-fingered recruits in the Foundation's Christmas gift wrapping service.

The Foundation is currently seeking volunteers who are willing to take the wrap and assist Christmas shoppers this year.

The charity will be operating gift wrapping services at two locations: the Cairns Central Shopping Centre (from 3 December) and the Good Guys store at 285 Mulgrave Road (from 12 December).

Last year, the Foundation's gifted wrappers raised a total of more than \$24,000 (and went through nine kilometres of wrapping paper) in the lead up to Christmas.



Brian "Unit" Wilson participated in the Jet Ski Fundrun in November 2011, four months before he died from lung cancer.

Money raised through this year's wrap sessions will help fund the Foundation's Paediatric Playground Project, which aims to raise the spirits of young patients in the Cairns Base Hospital.

The Foundation needs to raise another \$500,000 to meet the estimated \$1.2 million cost of the playground, which will transform a barren, concrete second-storey deck outside the paediatric ward into an airy, bright and entertaining world, where children can escape – at least temporarily – the clinical reminders of their health problems.

If you enjoy gift wrapping and wish to assist the Foundation, please contact the Volunteer Program Manager, Anne Chirio, on 4226 8993 or email anne.chirio@fnqhf.org.au.

Pick a card ...

The Foundation can't help you compile your Christmas card list, but we can help make your gift card selection as painless as possible for you – and also of benefit to us!

Charity Greeting Cards offer a range of affordable, high-quality cards which can be tailored to suit your needs, whether personal or corporate.

Check out their selection at: <http://www.christmascards4charity.com.au/fnqhf>

You can order online or through the following options:

Phone: 02 9779 1533

Email: sales@christmascards4charity.com.au

Fax: 02 8305 0555

If you wish to make a direct donation to the Paediatric Playground Project, please visit: www.fnqhf.org.au/ppp

Our supporters - their latest achievements

Calling "Doctor" Short to aisle five ...

Several Woolworths Earlville staff donned nurse and doctor costumes on 24 August in an attempt to access the "hip pocket nerve" of amused customers and obtain donations for the Foundation's Paediatric Playground Project.

The operation was organised by Woolworths Earlville staff member, Nicky Pearce, whose four-year-old daughter, Jade, was born with a condition known as Pierre Robin Sequence, which has required regular treatment at the Cairns Base Hospital.

"I am committed to helping the Foundation to raise money to build a proper playground outside the paediatric ward," said Nicky.



Woolworths Earlville staff members, "Doctor" Rick Short and "Nurse" Talia Grasso, diagnose a healthy future for the Paediatric Playground Project

"Providing sick or injured children with a familiar and enjoyable space like a well-equipped playground is bound to have a positive impact on their recovery."

There were a total of 2,308 admissions to the paediatric ward at the Cairns Base Hospital in 2011.

Young patients at the hospital have already benefited from funds raised through the ongoing Woolworths Fresh Food Kids Hospital Appeal, which have been used to purchase exercise equipment, laptops, and interactive learning tools and programs, as well as a variety of toys and other play equipment.

Dry July bears fruit

More than 230 Far North Queensland residents had the bottle to give up the bottle – not to mention the tinnies - to raise money for the Foundation during Dry July.

This was the first time the Far North Queensland Hospital Foundation has joined forces with Dry July, a non-profit organisation determined to improve the lives of adults living with cancer.

Dry July participants raise money through sponsorship and donations, in return for abstaining from alcohol consumption for the entire month of July.

By the end of that month, the parched participants had raised more than \$40,000 to help the Foundation fund support services for adults living with cancer.

Dry July also raises awareness of individual drinking habits and the value of a balanced healthy lifestyle.

Banking on their support

Which bank employees have shown huge support this year for the Foundation's Paediatric Playground Project?

Commonwealth Bank of Australia (CBA) staff have been combining their financial and culinary talents to raise money through cake stalls and barbecues at a number of branches, including Cairns CBD, Westcourt, Earlville, Smithfield, Clifton Beach, Edmonton and Innisfail, along with the bank's Local Business Banking team and Corporate Banking team.

Participants in the bank's annual Corporate Golf Day, held at the Cairns Gold Club on 31 August, also raised funds, as well as clubs.

In total, the Commonwealth Bank's sterling staff have raised more than \$35,000 for the Foundation within the space of several months (including grant money channelled to the Foundation through the bank's staff community fund).

About face

More than 200 young hopefuls entered The Face of Cairns Central quest in September. The event, organised by Lulu's Model Management, raised more than \$2,000 (in entry fees) for the Foundation.

The lucky winner was Elyse Miller, 13 from Dimbulah.

Pictured right: The 2012 Face of Cairns Central, Elyse Miller, takes a triumphant trip down the catwalk.



Dancing donors!

Students at **St Monica's College** in Cairns danced the light fantastic (with the assistance of glow-in-the-dark accessories) on 17 August to raise funds for the Paediatric Playground Project. The Neon Night dance raised \$500.

The **Cairns Tango Club** generated some passionate support for the Foundation at a special Tango Gala Fundraiser held at the Cairns RSL on 24 August.

Argentine Tango masters, Jairo Rivera and Amy Teuchert, floored the audience with their steamy dance display, performed to the beat of the Red Velvet Tango Orchestra.

Funds were raised through a charity auction – with some spirited bidding to secure a tanda (dance set) with favourite dancers!

The event, held in conjunction with the "Tango in the Sand" Festival and the Cairns Festival, raised more than \$1,000 for the Foundation's Paediatric Playground Project.

Hot off the press!

The Foundation obtained more than \$9,000 from The Courier-Mail Children's Fund to purchase diversional therapy equipment for children in the paediatric ward at the Cairns Base Hospital.

The interactive equipment is designed to help health professionals explain to young patients – in an engaging

and reassuring manner – what kind of medical treatment they require and why it is necessary.

Wheel of good fortune

Foundation Fundraising Manager, Glenys Duncombe, was happy to accept a cheque for \$1,000 from Julie Brzozowski, the (then) President of the Inner Wheel Club of Trinity After Dark.

The Inner Wheel Club is an international women's organisation with a strong emphasis on community service. The Club's donation to the Foundation will be used to help fund the Paediatric Playground Project. Club members also donated a number of teddies to participate in the Teddies at Work and Play competition at Cairns Central on 10 November.

Foundation funding - making a difference

Curtain raiser

Spending time in a hospital emergency department is a stressful experience for most adults. Imagine what it must be like for a sick or injured child.

Late last year, several staff members at the Cairns Base Hospital formed a special working group to find ways to lighten the clinical atmosphere in the children's section of the ED and make it less intimidating to young patients.

The Emergency Department Paediatric Unit Working Committee recently obtained \$8,600 from the Foundation to decorate the children's ED cubicles with bright, marine-themed curtains to match the "under-sea" murals framing the doorways (which were funded by the Lions Club)



Committee members (back row, pictured from left): Registered Nurse Julie Lentas, Clinical Nurse Consultant, Vicky Kenneally, and Administrative Assistant, Kath Fogarty (seated)

During October, local artist, Hayley Gillespie, will extend the marine-theme to the interior walls of the treatment cubicles and behind the nurses' station.

Take a seat ...

Waiting to undergo a mammogram, or follow-up assessment for signs of breast cancer, leaves most women sitting on the edge of their seats.

The last thing they need is tired, old seating.

The sympathetic staff at Breastscreen Queensland, Cairns, are keen to help anxious clients relax as much as possible. Ensuring they have access to modern, comfortable waiting areas is an obvious priority.

"Waiting for assessment can be quite a stressful time for ladies, and some may have to spend up to four hours here," observed Breastscreen Queensland, Cairns Business Manager, Joanne Brierley.



Breastscreen Queensland, Cairns Business Manager, Joanne Brierley, tries out one of the new chairs purchased with a grant from the Foundation

Breastscreen Queensland recently obtained \$3600 from the Foundation to purchase 15 stylish, dark chocolate bucket chairs to furnish three separate waiting areas within the Cairns clinic, including the breast care nurse room, where women diagnosed with breast cancer receive advice and support.

"It really has modernised the place and made it a lot more comfy," said Ms Brierley. "It is easier to relax in a pleasant environment, so hopefully the new furnishing will make visits a little less stressful for women."

High expectations

Things are looking up for patients with mobility problems, since the Cairns Base Hospital orthopaedic ward obtained 14 height-adjustable chairs and 16 foot stools.

The hospital obtained \$8,280 from the Foundation to purchase the furniture, which has already attracted praise from both patients and staff, according to acting Nurse Unit Manager, Bridie McCarthy.

"The high chairs are useful for patients who have limitations on how they can sit," she said. "They are particularly beneficial for people recovering from hip replacement surgery, who find it difficult to lower themselves comfortably onto seats of normal or low height."

Volunteers in action

Sew far, so good!

The Foundation has more than a few crafty characters on its list of volunteers – and you don't have to look very far for evidence.

The Information Desk at the Cairns Base Hospital is festooned with colourful craftwork displays and the tables for the monthly craft stall at the hospital groan beneath the weight of delicious jams and cakes, as well as charming knitted soft toys, pretty crocheted blankets, impossibly cute baby clothes and other tempting items.

Since the start of the year, these Cairns-based volunteers have raised \$14,250 for the Foundation – and they haven't even hit "peak season" yet, (when customers are on the prowl for Christmas presents).

Nimble-fingered volunteers elsewhere in the region are also busily at work, sewing and cooking up a storm for Foundation fundraisers.

If you want to start ticking off items on your own Christmas list, don't forget to attend the Christmas Craft Fair in the Fred Moule Pavilion at the Cairns showgrounds on Sunday, 11 November. The Foundation will have a cornucopia of craftwork available for purchase!

Friends of the Foundation

Innisfail dough-nors!

Coles Innisfail raised \$850 for the Friends of the Foundation through their doughnut stand at this year's Innisfail Show in July.

Coles store manager, Jodie Palmer, said the staff had decided to raise funds for the Foundation, following the death of a former colleague due to cancer.

The Friends of the Foundation also received a \$1,630 boost from GF Rural Supplies and Frank Lowe & Sons.

FOF spokesperson, Dell Steve, said both sums would go towards the purchase of a \$36,700 Bipap ventilation machine to assist patients with breathing difficulties at Innisfail Hospital.



Dale Smith, Denise Grainger, Bronwyn Pawson and Jodie Palmer savour memories of Coles Innisfail's successful doughnut stand at the local show, which raised \$850 for the Friends of the Foundation. Photo courtesy of the Innisfail Advocate

Cookin' in Cooktown

Cooktown FOF members wielded spatulas rather than golf clubs at the annual Police Charity Golf Day in September.

The Foundation volunteers ran a barbeque to feed the hungry golfers. In return, FOF representative, Daphne Fenton, received a cheque for \$1,000 to help fund the Paediatric Playground Project. The Cooktown Volunteer Coastguard also benefited from the event.



Pictured (from left) Police Administrative Officer, Robyn Holmes, Cooktown Volunteer Coast Guard Commander, Helen Greave, and Cooktown Friends of the Foundation President, Daphne Fenton, with (back row, from left) Senior Sergeant John McArthur, Sergeant Shawn Pipia and Constable Andrew Finall. Photo supplied courtesy of the Cooktown Local News

Donations and grants received over \$1,000 (1 July - 30 September 2012)

\$1,000	Lions Club of Trinity Beach
\$5,000	Rotary Club of Innisfail
\$1,450	Ergon Energy
\$1,000	Inner Wheel Club of Trinity After Dark Inc
\$5,000	Rotary Club of Cairns
\$14,433	USM Events Pty Ltd
\$2,750	Coffee Plus
\$2,558	Innisfail Friends of the Foundation
\$3,334	The Good Guys
\$2,000	Cairns Home Loans
\$2,000	Astute Financial Management Pty Ltd
\$5,000	Gordonvale Cottage Markets Association Inc
\$1,000	Coconut Grove
\$4,300	Adams Motor Group
\$1,000	Serenity at the Avenue
\$20,704	Southern Cross Austereo Community Foundation Ltd
\$1,000	Trinity Accountants
\$1,000	Your Floor Store
\$1,000	Halpin Partners
\$1,000	Craig Burrows Custom Built Homes
\$1,070	Cairns Tango Club
\$1,898	Gordonvale Friends of the Foundation
\$3,000	Enigma Business Products
\$3,630	FNQATC Inc (Amateurs)
\$1,000	Haz-Elec Industries Pty Ltd
\$1,000	LJ Hooker Cairns Edge Hill
\$3,500	Freemasons Gregory Lodge
\$1,650	Crocodile Express Daintree River Cruises
\$1,000	Zinc Restaurant
\$1,170	Cardiac Maniacs
\$4,553	Commonwealth Bank of Australia
\$2,000	Qantas Flight Operations
\$9,049	HMAS CAIRNS
\$10,000	Peers of Support for Innisfail FOF
\$1,000	Commonwealth Bank Bank Day
\$1,000	Commonwealth Bank Westcourt
\$1,000	Commonwealth Bank Earlville
\$1,000	Commonwealth Bank Smithfield
\$11,000	Events Queensland



putting the pieces together
for a healthier north



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