

far north queensland hospital foundation

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Photo: Riders and supporters enjoy the refreshing break of the new water park at the Cooktown esplanade.

Fixing hearts in FNQ

ISSUE 3, 2018

MORE than 240 hot, sweaty and exhilarated cyclists rode into Cooktown in September to thunderous applause, after fundraising to fix hearts in FNQ.

The 12th annual Cardiac Challenge raised more than \$262,000 after the cyclists pedalled 330km from Cairns to Cooktown.

Funds from this year's event will purchase a Vivid Echocardiograph - a vital diagnostic tool for cardiac patients in the Far North.

About half the cyclists tackled the challenging Kuranda Range at the beginning of the event with the up-lane closed from 6.30am.

Foundation fundraising and marketing manager Glenys Duncombe said while the permit was until 8.30am, all cyclists were off the Range by 7.10am and it was

then re-opened.

"We're so grateful for the motoring public's understanding and patience of allowing our cyclists to get up the Range in safety as the closure is for such a short period of time," Ms Duncombe said.

After the Range, cyclists this year stopped at the specially opened Speewah Tavern for a well-earned caffeine hit before riding single file on to Mareeba for the eagerly anticipated morning tea stop.

"Mareeba Rotary and the local farmers always supply an amazing spread of sandwiches, cakes and fruit for us and the crew always love this stop," Ms Duncombe said.

From there, the riders gathered into their designated packs to start the arduous journey up hill and down dale to help fix hearts.

The ride took its usual journey to Mt Carbine and Lakeland, followed by the always emotional ride in to Cooktown as one long pack. Riders enjoyed the newly constructed water park on the Cooktown Esplanade, courtesy of Cook Shire Council, followed by lunch and presentations at the Cooktown Bowls Club.

The evening dinner at the Cooktown PCYC is always a highlight, but this year a couple of auction items helped top up the coffers with Peter Piccone buying a signed Billy Slater jersey and Leigh Holman the framed Johnathon Thurston memorabilia.

Organisers are already working on planning next year's event, September 21-23, 2018.

www.cardiacchallenge.com.au

Upcoming Events

February 24, 2019 -
Cairns Pregnancy and Baby Expo

May 19, 2019 -
Top of the State Car Club Meet

July 14, 2019 -
Arrow Experience

September 21-23, 2019 -
Mt Franklin Cardiac Challenge



Motors running for EEG's

A SPECTACULAR weekend of motorbikes, cars, fundraising and fun, resulted in \$54,000 raised to buy new EEG equipment at Cairns Hospital.

Almost 50 participants ventured from Cairns to Undara Lava Tubes the weekend of October 20-21 as part of the 17th annual Wayne Leonard's Motorcycle Muster.

Key sponsors Wayne and Rhonda Leonard, of Wayne Leonard Motorcycles and Harley Magic, led the riders and motorists on a scenic tour around the stunning Atherton Tablelands.

Participants travelled from as far afield as Townsville and even Croydon.

Foundation CEO Tony Franz said the morning tea stop at Millaa Millaa was well-hosted by the Millaa Millaa Lions, followed by lunch at Innot Hot Springs.

"We had great weather along the way, fabulous food of course, and fabulous company," Mr Franz said.

Once everyone checked in to their accommodation

at Undara Lava Tubes, some went on sunset tours while others refreshed with a cooling beverage before the evening meal and entertainment.

"We had wonderful karaoke provided by Barry Lea, which always sets the scene for a great night, and of course the winner of the raffle was drawn," Mr Franz said.

"The winner is always surprised when we call them and this occasion was no different - he was sold his winning ticket by a workmate," he said.

The next day, participants rode and drove back to Cairns in their own time - many stopping off at the Speewah Country Tavern for lunch and to quench their thirst.

Since the event's conclusion, the two EEGs have already been ordered.

The Foundation would like to thank the Leonard Family, Totally Workwear Cairns, Star 102.7 Cairns, Lotsa Print and Signage, Woree Tavern and Undara Lava Tubes.

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Patient **urges** participation

EMILY Edward is a young lady very accepting of her epilepsy, but she is also very passionate about her doctors having the best equipment.

The 16-year-old was diagnosed with the condition last year when she started having hand jerking movements, despite experiencing “absence seizures” since she was 10 or 11.

“I was diagnosed in Perth and we moved here and the doctors here have been wonderful,” Miss Edward said. “They’ve been trying to get my medication right but it’s a matter of trying different medications to find the right medication and the right dose for my body,” she said.

“I did notice a difference in the equipment from Perth to Cairns and that’s why I think everyone should support the Wayne Leonard’s Motorcycle Muster,” she said.

This year’s Muster, in its 17th year, fundraised for EEG equipment at Cairns Hospital and headed to Undara Lava Tubes October 20-21. Cairns Hospital Neurologist Dr Ian Wilson said the latest EEG imaging equipment would provide substantially improved high resolution cameras, screens and software with the latest recording technology available. “Emily will need EEG monitoring about every 6-12 months or whenever her epilepsy is not well controlled. The EEG tells us if she has developed a different type of epilepsy and if Emily needs her medication altered again. This can happen as the brain continues to develop into adulthood,” Dr Wilson said.

Approximately 5% of people with epilepsy have Absence seizure and 10-15% of children will develop other seizure types in adolescence, generalised tonic-

clonic and/or myoclonic seizures.

“The EEG equipment is used to monitor people with epilepsy and other brain conditions in our clinics, but also in Emergency and ICU to assess brain activity in unconscious patients, including after traumatic brain injury,” Dr Wilson said. “Patients having repeated, unexplained events may undergo day-long (sometimes over several days) EEG testing to ‘catch’ the event and determine if the brain activity changes and is abnormal during the event, while others simply have a “snapshot” 30 minute recording of brain wave activity,” he said.

Heart-breakingly, babies and small children are among their patients – some of whom have genetically acquired conditions that impact on the brain’s development and cause severe seizures. Diagnosing and treating the seizures early is important to prevent further brain injury and give the child the best chance of recovery. The equipment also will be a vital tool in future research projects.

Foundation CEO Tony Franz said the Foundation had now ordered two EEGs at a total cost of \$60,000. “This year the Muster headed out to Undara on the weekend of October 20-21, and there was a lot of excitement among the riders about the trip,” Mr Franz said. Himself a participant, Mr Franz said the ride had not been to Undara for several years, and it was a fun and enjoyable weekend. “The people who take part in this event do so for the right reasons – because they are passionate about supporting health services in this region,” Mr Franz said.

www.motorcyclemuster.com.au

Challenge with heart - the



THE harsh bobbing beam of hundreds of cyclist lights broke through the darkness on their way out to Tjapukai Adventure Park in September.

They were about to start their journey on one of the Far North's most arduous and yet rewarding, fundraising adventures, the Mt Franklin Cardiac Challenge.

Cyclists pedalled up hill and down dale, all in the name of improving cardiac services in the Far North.

Since inception, the event has raised more than \$3.5 million for cardiac services in FNQ including contributing towards the Foundation's \$1.4 million donation to the second cardiac catheter lab project.

It is unique in that every cent donated stays local to help local patients and every cent donated goes to its intended cause. This is because the registration fee covers the cost of running the event, and all the Foundation's costs are covered by its commercial operations.

Instigated by local heart patient Pete McNally, Cardiac Challenge is responsible for thousands of people achieving something they never previously thought possible – riding 333km to Cooktown.

Read below three local people's thoughts on the event – the heart patient, the rider and

the cardiologist.



Karyn Bristow - the heart patient
LIKE so many heart patients, Karyn Bristow simply never thought it would happen to her.

On the night of October 23 last year, she had some pain in her chest that she attributed to indigestion.

She says she “felt a bit crook” during the night but after getting up early and starting work at 5am she later started to feel a “dull pain” in her chest.

“About 8am, I just felt that something wasn't right. I had a dull pain, I felt tired and foggy so I nipped over to the doctor's across from my work and asked for an appointment. They said they could see me in 15 minutes, so I went back to work to get my purse and then I said to one of the other staff ‘I just don't feel very well’. And that's the last thing I remember.

“I passed out in her arms and they were then doing CPR on me – the doctor from across the road came over and I think the ambos were there within a few minutes. I kept going in and out, but I was zapped a few times in the ambulance and when I got to hospital too.

“I then remember waking up in the catheter lab at the hospital and vaguely seeing Dr Starmer's face and he was telling me what they were doing and that I was going to be alright.

“It turned out I had some plaque in my artery that had broken off and was blocking the blood flow. I've no family history, I don't smoke and never have, I don't drink much, although I am a bit overweight.”

Aged 58 at the time, Mrs Bristow said after a stent was installed and she started to physically recover, it took some time to psychologically recover.

“My head was pretty messed up and I went into a dark place but the support I got from my husband and family, the hospital and the six week cardiac rehab program absolutely changed my life. It's a great program – I've joined a gym now, I eat better and my general outlook on life is so much different. These days I prioritise my family and I've learnt that some stresses just aren't worth it. I guess you realise what's important.

“At the time, I just didn't think it was a heart attack. They say it's a silent killer and it's so true, but if you're having any sort of pain, or if something doesn't feel right, you shouldn't ignore it. I think people need to be more aware and go to the doctor and get checked out. I was having regular checkups anyway because I'm on blood pressure medication. I could have gone to bed that night and just not

doctor, the patient, the rider

woken up. I was just very lucky where I was because the people in my workplace really saved my life. We're very close now.

"I've been given a second chance. I want to be here for my husband, children and grandchildren. At the time I didn't feel lucky, but now I really do. I've got a lot to live for."



Jimmy Chan - the rider

FOR Jimmy Chan, the sudden loss of a family member to a heart condition, was just the shove he needed to get on the bike.

2018 will be his sixth Mount Franklin Cardiac Challenge and it is an event he never tires of.

"Yes, the road is the same, Desailly Range doesn't get any easier, but it's the people you meet and the fun you have along the way that makes it worthwhile," Mr Chan, 53, said.

"For me, fundraising is easy because I only do this one charity event so I'm not approaching people all the time.

"I remember fondly my first year being 2013. Two years before that I had a cousin up here who tried desperately to get me to do it.

"After I signed up for the 2013 challenge I lost my brother-in-law, who passed away unexpectedly on June 14. He was a lot bigger than me, a lot stronger and a lot fitter. So that came as an unexpected event.

He had heart issues which he knew about and that was probably the kick along that I needed. And every year since then I've been hooked on it.

"I guess my reasons for doing that could be broken down into three parts.

"The first part is obviously the fundraising side. It's a great thing to do something for the community. I see it as a long term investment. What we do now in terms of investing in medical equipment and services, as we get older, somewhere down the track we will need them.

"The other part of it is the fitness aspect. It keeps me going, keeps me motivated.

"I love the fun side of it, get out there, meet people, catch up with old mates.



Shane Preston - the Cardiologist

Dr Shane Preston is an interventional cardiologist at Cairns Hospital and has been since 2013.

Originally from Brisbane via Sydney and Canada, Dr Preston became a doctor and a cardiologist because of the immediate beneficial impact on patients.

The son of a boilermaker and dressmaker, he is a keen fisherman and enjoys the FNQ lifestyle.

"I used to read a lot of science books when I was a kid and I asked to do cardiology as an intern. I don't have any family members who are doctors, it was just something I was always interested in.

"What I enjoy about helping people when they are in this situation is that when they come into the cath lab and you fix their blocked artery, you get to see the result of your work immediately. It's very satisfying.

"When I moved to Cairns I said to Greg (Dr Starmer) that I would only be here for 12 months.

"A couple of the reasons I love it here is because of the weather and the fishing. When I left Canada it was -20 degrees.

"And I might be biased but we do have an amazing team in the cardiac unit and they are simply awesome to work with. Knowing that we are making a difference to people's lives makes the long hours and the years of study all worthwhile."

Dr Preston has been taking part in the Mt Franklin Cardiac Challenge since 2015.

"I first did it because I felt that as a doctor who uses the equipment that it raises money for, I should participate and see what it was all about.

"But now I ride the event each year because I really do enjoy it. It's a great motivator to keep fit. It's just fun, it's good fun and a good cause. We see exactly where the money goes because we're the ones using the equipment that the ride purchases each year."

This year his uncle Peter rode with him, and his parents travelled up from Brisbane as support along the ride. "They know I've been doing it for a while and they wanted to get involved."

Harley handover

RICHARD Shaw doesn't have a motorbike license, but he still bought two tickets to win a new Harley-Davidson from one of his workmates.

Muster participant Dan Rayner sold the tickets as part of his fundraising efforts in this year's Wayne Leonard's Motorcycle Muster.

The event, which has been running for 17 years, was this year raising money for new EEG equipment at Cairns Hospital's neurology department.

"When Dan sold me the tickets I thought it was a good cause even though I've never owned a motorbike," Mr Shaw said.

Lo and behold, one of his two tickets, was drawn as the winner – drawn randomly by computer at the celebration night this year held during the weekend event at Undara Lava Tubes. "I really don't need a motorbike so I'm planning to sell it and donate part of the proceeds back to the Foundation," he said.

The Muster, hosted by the Far North Queensland Hospital Foundation, raised more than \$54,000 this year – meaning the event has now raised \$947,000 since it first began.

Foundation fundraising and event coordinator



Gaby Thomasz said Mr Shaw's thoughtfulness was very generous. "Our top fundraiser this year was Geoff Nielson, ably assisted by his mate Bob Ison, who sold more than 70 books of tickets and raised \$7142," Ms Thomasz said. "It was nice to see the top fundraising prize go to Geoff who has had some medical hardship himself and we appreciate everyone's work in fundraising so hard," she said.

"We'd also like to pay special tribute to Wayne and Rhonda Leonard, who are truly community spirited people and put themselves out to help others, year after year.

"We'd like to thank everyone who bought a ticket, everyone who sold a ticket and everyone who donated because they have all helped make a difference to health care in our region."

Big thanks to Smithfield



THANKS so much to everyone who came out and supported Smithfield Shopping Centre's BIG Change for Small Change in August. A whopping \$6031 was raised to help improve patient outcomes in our region.



Melbourne Cup frivolity

**** \$25,831 raised! ****

Thank you so so much to everyone who supported the Melbourne Cup 2018 afternoon at Nu Nu Restaurant.

Everyone (boys and girls included) really was pretty in pink and WE sure are thrilled with the outcome.

We also received \$900 from the Cotton Club function and more than \$2000 has gone in the kitty for Give Me 5 For Kids.

By working together, we really ARE making a difference to health care in our community.

THANK YOU!



Pretty fillies fundraise for the Foundation at The Cotton Club.



The ballroom at the Pullman Cairns International for the Give Me 5 For Kids fundraiser.

Hello Sailors!



THE quote of the day belongs to one of the navy personnel from USS Green Bay, who visited Cairns Hospital in November. After visiting our beautiful OPERA Ward and taking part in the singing group, she said: “That’s why they call it the Opera Ward”. There were smiles and perhaps some wet eyes during a beautiful round of well-known songs including at least one Elvis number. One of the patients was heard to say she wouldn’t need any therapy, after the joy she obtained from the visit. On their day off, the visitors were grateful of the opportunity to see some parts of the hospital and learn about the amazing job performed by everyone who works there. The visitors were particularly enthralled with the dementia seals, the chat with our chaplain, and interacting with locals.

Innisfail Friends news



TOP ABOVE: What an amazing Charity Golf Day in every aspect at the El Arish Country Golf Club in August. The day went without any drama so many compliments on the whole event. Thanks so much to the amazing volunteers for your hard work in making this event the best yet. Special thanks to Margaret Marano for the amazing potato bake and quiche dishes - they were wonderful and quickly devoured. Huge thanks also to our lovely Sam, Donna Lowe, Colleen Morrison, Kate Lizzio and Nadine, your tireless efforts on the day was amazing and greatly appreciated. Thank you to all the players, business houses and individuals who donated prizes. Also special thanks to John Moyle our auctioneer.

BOTTOM LEFT: Presentation of Medical Equipment value of \$17,000 to the Cassowary Hub Maternity Unit. The Friends of Foundation Innisfail Branch have donated to date \$30,000 to the Midwifery

program since launched. Maternity Unit Equipment to date has been: 5 x digital scales, 2 x TENS machines, 1 x Istat machine \$9000, 5 x Doppler's (waterproof), 1 x Sapphire epidural pump \$3000. Cheryl Shaw from the Foundation handed over the Equipment. Alison Weatherston, Danielle Wata, Sonia Rodrigo, Summer Marriott, Kaye Clarke, Margaret Mills, Holly Jones and Shelly Slater.

TOP ABOVE: Our special thanks to the Greek Ladies Orthodox Philoptohos Innisfail. Our special thanks to the ladies for their ongoing support of our Foundation and the wonderful morning tea.

BOTTOM RIGHT: MSF Sugar were presented a Certificate of Appreciation as they have supported the Innisfail Friends of the Foundation for many years. The Innisfail group is extremely grateful for their \$500 donation and prizes for our annual charity golf day.

Our recent purchases

Our recent contributions to health care in Far North Queensland include:

Purchased in the past six months

Intensive care

1 x P-D 220 / Provi Dock 220 - \$7000

Emergency Department

M41-DatamedFT-46 12ld ECG (Intellivue to CERNER) license (46 monitors) Installation of the software on existing IBE and configuration. \$30,595

6 x 21" 3MP LED Medical Colour Monitors \$67,700

Paediatric and Adolescent Services

12 x Welch Allyn Wall diagnostic set with Macrowview Otoloscope and Standard Ophthalmoscope head, locking collars and LED lamps \$9800

7 x iPad mini 4 Wi-Fi Cellular 128GB \$5300

Women's Health

Colposcope kit, colposcope digital cam, splashproof adaptor, E-PL9 black slk, Sony 21" medical grade monitor, tall roll stand - slave unit. \$30,000

Mental Health

14 x Giant Talon 29er MTB's for Cairns ATODS early intervention program. \$10,500

Theatre

1 x X-Porte ultrasound kiosk system with stand as quoted 559791 plus a transducer \$58,200

Endoscopy

Featherweight Double Endoscopy Cart \$18,800

Mossman Hospital

1 x Progressa Bed System Pro885 \$18,000

1 x i-STAT Analyser Wireless, 1 x i-STAT Downloader Recharger Kit, 1 x i-STAT 1 Rechargeable Power Pack \$7500

Atherton Hospital

1 x Caresono HD 5 Bladder Scan plus dedicated trolley \$11,500

Ordered in the past six months

Innisfail

2 x Overnighter Loveseat plus additional freight charges from the FOF \$8700

Emergency Department

3 x Intellivue MX450 Patient Monitors \$60,700

Theatre at Cairns Hospital

Supply and install digitally printed graphics to walls of Post op area, DSU children's lounge, anaesthetic bay of theatre 6 and to the floor of children's lounge to theatre 6 \$19,800

Intensive Care Unit

1 x Compella Bariatric Bed (Dynamic pressure relieving mattress with turn assist, intelldrive integrated bed mover and nurse call connectivity ready) \$51,000

1 x Motomed Letto 2 leg and arm Bed-Cycle Ergometer \$20,000

Innisfail Emergency Department

1 x Venue R2 Portable Ultrasound System \$82,500

Tully Hospital

1 x Ultimate Trolley. Custom unit, fully motorised Scissor lift trolley \$14,157

Cairns Hospital Neurology

2 x Portable Graef EEG Systems less the 2 x all-in-one computers \$60,300

Cairns Hospital birthing unit

2 x Panda Warmer by Theresa Walker \$55,000

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far north queensland hospital foundation



DENISE CRAIG



DR LYNDON NOFZ

Investing in health staff

The FNQ community is investing in the education of one of its most valued resources – doctors, nurses and allied health clinicians.

Through the Far North Queensland Hospital Foundation, \$42,252 has been invested in more than 40 staff of the Cairns and Hinterland Hospital and Health Service, and the Torres and Cape Hospital and Health Service.

Foundation CEO Tony Franz said this year we received a record 73 applications, with 43 applicants approved to receive up to \$1500 each to go towards approved courses or educational opportunities.

“Funds for these education grants come from general donations received, and also profits from our commercial operations that we operate,” Mr Franz said.

“The Foundation sees investing in our staff as a vital aspect of what we do and we are thrilled that so many came to us this year, with a view to accessing these education grants to further their own skills,” he said.

Cairns Hospital memory clinic senior psychologist Denise Craig used her education grant to attend a bioethics and health law conference.

“I was grateful for the opportunity to present the outcomes of an “end of life law” education series

and enrich my own knowledge of the research and perspectives of others,” Ms Craig said.

Her role within the health service is primarily one of supporting people living with dementia to live to their post diagnosis potential and “get on with the business of living”.

“It is always important, as a clinician researcher, to share knowledge, potentially motivating others to improve services and patient outcomes and perhaps even to conduct their own research. I sincerely thank the Hospital Foundation for this opportunity,” Ms Craig said.

Cairns Hospital Ear, Nose and Throat unaccredited trainee Dr Lyndon Nofz used his education grant to travel to present research at a conference featuring international delegates.

“My research involved unique case studies of patients I had seen during my time at Cairns Hospital that presented a diagnostic and/or treatment dilemma, Dr Nofz said. “Presenting the case studies at the Australasia Laryngology Conference helped me understand the disease process and treatment options better, and allowed me to discuss it with national and international colleagues,” Dr Nofz said.

Scarlett's a little fighter

SCARLETT had just started Prep like any other five-year-old, when her life was turned upside down.

Instead of having the time of her life playing with her friends at school, Scarlett was fighting for her life in Brisbane – 1600km away from her home in Innisfail.

Scarlett was this year's FNQ face of the Woolworths token fundraising campaign.

Scarlett (**pictured right**) was diagnosed with Ewing's sarcoma, a rare form of bone and soft tissue cancer, and spent the next year enduring chemotherapy, surgeries, blood and platelet transfusions.

Through it all, Scarlett remained a positive and energetic little girl whose cheeky smile makes everyone around her smile.

Scarlett's mum Anna said the care and support during that year at the then-named Lady Cilento Children's Hospital made all the difference when dealing with a situation no parent, or child, could ever prepare for.

"The oncologists and nurses have been absolutely amazing," Anna said.

"They are so dedicated and passionate about what they do and every child is so important. They make you feel like you are the only patient they are seeing."

Away from the medical needs, Anna said the services offered by Children's Hospital Foundation had helped Scarlett cope with being in hospital for such a long period of time.

"There has always been plenty of entertainment and Scarlett especially liked Book Bunker program, bedside play volunteers and Juiced TV," Anna said.

"No one is more cherished in this world than someone who



lightens the burden of a mother."

After 12 months of treatment Scarlett and her mum have just returned home to Innisfail.

They will have to return to Queensland Children's Hospital in Brisbane every three months for check-ups.

Now that Scarlett is home, she is looking forward to catching up with her cousins, grandma and

aunties, and returning to school in the new year.

Scarlett said she will be doing lots of craft, singing, dancing, playing outdoors and with animals now that she is home.

This year's funds raised will go towards a paediatric emergency cart and accessories and paediatric laryngoscope at Mossman Hospital.

Golfing good day with CBA

WE made an amazing \$8929 from the Commonwealth Bank Golf day at Paradise Palms at the end of August.

Funds raised on the day will go towards our surgical microscope project.

Thank you everyone for your support.



Thanks to our community for support



IN NOVEMBER we were honoured to receive some funds through BACC FNQ, as a result of our community nominating us as their charity of choice. The \$3003 we received will go towards our surgical microscope project. Our Gordonvale Friends of the Foundation group received \$1608 which will go towards wheelchair equipment.



Vollie Q&A



- 1. Name:** Fay Jeffrey
- 2. Age:** 76
- 3. Have you always lived in FNQ? If not, where did you come from and how long have you been here:** I have been in Cairns since 1975, I came from Sydney.
- 4. Volunteer role:** Information desk
- 5. How long have you been volunteering with us:** 10 years
- 6. How did you come to start volunteering with us:** After I retired from work, Tony Franz told me about the Hospital Foundation.
- 7. Star sign:** Libra
- 8. Interest, hobbies, past-times:** flower arrangements
- 9. Tell us about your family – kids, grandkids, great grandkids?** Two children, six grandchildren.
- 10. What do you do with yourself when you are not helping us?** Relax at home, seeing friends.
- 11. Are you retired? If so, what did you do before leaving the workforce?** I worked at the Imperial Hotel for one year, then Coles in Abbott Street for eight years, had a small shop for two years, two years at Tradewinds, 15 years High Chapparal, 10 years at Sunshine Towers Hotel.
- 12. What do you enjoy about volunteering with us?** I like working with the girls, meeting lots of people from different countries and helping them.
- 14. Do you have any funny tales about volunteering with us?** One day a lady asked for the seventh floor and I explained there was no seventh floor. She did not believe me until she took the lift!

Newsy bits



Thank you to the Cairns Sequence Dancers for their donation this week.

This lovely group of Bob and Denise Thomas (left) with Glenda Williams and Roger Evans (right) were thrilled to hand over \$500 cash to our fundraising and marketing manager, Glenys Duncombe.

The group raised the money through entry fees to their Thursday night dances at the Darts Hall.

They had seen that we are fundraising for the surgical microscope and asked the money go towards that cause.

Thank you!!

To find out more about this project, visit: www.fnqhf.org.au/surgicalmicroscope



After months of intensive training, our team has been rewarded with their certificates in Espresso Coffee making essentials.

Grinders Coffee business development executive and coffee guru Xavier Kier said the standard of training and achievement was very high.

"We have some amazing baristas here," Xavier said. Commercial operations manager Steve McGuinness said the feedback from customers had been very positive and rewarding.

Pictured are newly certified baristas Daphne Saxton, Lynne Fitzhenry, Rachael Davis, Siobhan Ross, Georgia Parry with Xavier.

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For more information about leaving a gift in your will, please contact 07 4226 6327

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SINCE ITS INCEPTION, FNQHF HAS CONTRIBUTED MORE THAN \$18 MILLION TO IMPROVING HEALTH CARE IN THE FAR NORTH. ALL OUR ADMINISTRATIVE COSTS ARE PAID THROUGH COMMERCIAL OPERATIONS SUCH AS THE CAFES AT THE HOSPITAL AND BLOCK E CAR PARK, MEANING EVERY DOLLAR DONATED OR CONTRIBUTED THROUGH FUNDRAISING GOES TOWARDS ITS INTENDED PURPOSE.

FOR MORE INFORMATION, PLEASE VISIT WWW.FNQHF.ORG.AU

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WORKPLACE GIVING PROGRAM



Make a fortnightly donation to the Far North Queensland Hospital Foundation through your pay and contribute to improving the quality of healthcare in Far North Queensland.

By donating as little or as much as you like, you are helping boost funding for:

- medical equipment
- staff education
- research

Visit the Cairns and Hinterland Hospital and Health Service intranet or www.fnqhf.org.au for more information and to access the Payroll Deduction Form.

All donations are tax-deductible.

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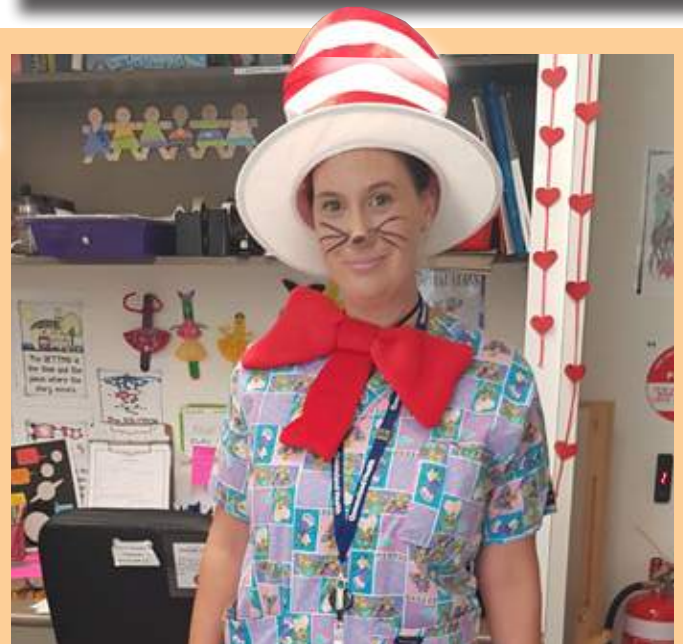
ANZ golf fundraisers

ANZ Australia and their fabulous clients helped us reach our goals in August.

Thanks to our wonderful volunteers Lee, Lyn, Warren and Tony for helping out on the day. Thanks also to Paradise Palms Cairns for such a stunning location. Because of everyone's amazingness, we managed to raise \$9370.



Volunteers at work



TOP: Thank you to our hard working craft ladies, who were front and centre at the Christmas Craft Fair, recently. Mary Seles and Elsie Di Bella were among the hard-working crew who attended, helping people find that special something for that special someone. Thank you also, to everyone who supported health services in FNQ, with a purchase!

ABOVE: The OPERA ward held a morning tea

for all the wonderful volunteers to say a massive thank you for helping out on the ward throughout the year. The volunteers included the Foundation REVIVE who have a rolling program visiting patients throughout the week, engaging in conversation, assisting with feeding and generally cheering patients up and orientating them to their surroundings.

ABOVE: Who says Bookweek is only for little kids? Our Playscheme volunteer Jessica Alexandratos shows big kids can have just as much fun with this great week of celebrating books, as the little ones.

Donors support patients

GENEROUS benefactors are helping patients in Mareeba at a time when their health hits crisis point.

Long-term locals Leslie and Anne Mills donated \$50,000 to the Far North Queensland Hospital Foundation, to be used for the Hamilton T1 Ventilator – state of the art equipment for when critical patients need to be intubated.

Mareeba Hospital Director of Nursing and Midwifery Vickye Coffey said the new machine would provide excellent first aid ventilation of patients in emergency situations.

“This new machine is on the wish list of all emergency departments across the state and the Mareeba Emergency Department is fortunate enough to have been gifted one through a generous donation from the Mills family,” Ms Coffey said.

“Staff are very excited to have this ventilation machine to use and it will further enhance patient safety for the Mareeba community.

“This is especially the case for those critically ill patients who need full or partial ventilation during transportation to the Cairns Hospital.”



Mrs Mills said she and Leslie were pleased to support their local hospital.

“The Mareeba Hospital staff were just wonderful when Leslie injured his fingers a few years ago, so that was when we decided to start supporting them as well as the broader Far North Queensland region,” Mrs Mills said.

“Sometimes when we hand over a piece of equipment we’ve bought for them, the staff just get so excited, you’d think it was Christmas,” she said.

Foundation CEO Tony Franz said the latest donation brings

the Mills family contribution to health care in FNQ to more than \$343,000. More than \$210,000 of that money has gone directly to the Mareeba Hospital.

“This family’s ongoing support of health care in our region is a great example of the difference individuals can make and we really look to them as great examples of local philanthropy,” Mr Franz said.

Photo: Anne and Leslie Mills look over the new ventilator with Mareeba Hospital Emergency Nurse Unit Manager Rose Vallier.



Volunteers needed

THE Foundation is always looking for awesome volunteers for our many and varied roles.

Volunteers provide an invaluable service for our Foundation that allows us to reach targets and continue to support our community’s health service. The success of the

Volunteer Program has reached far and wide as we continue to recruit many new volunteers through word of mouth and testimonials.

To chat about any volunteering roles, contact Volunteer Manager at volunteer@fnqhf.org.au or Ph: 4226 8993.

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For more information about donating, please contact: Glenys Duncombe

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Cairns Post

dcafe recipe spicy tomato egg curry

A spicy tomato sauce forms the base for this curry, with boiled eggs in it as the heroine of the dish. This Spicy Tomato Egg Curry can be served alongside with any kind of flat bread or rice.



What you need

6 eggs, 4 tsp oil, 2 tsp mustard seeds, 3 tsp cumin seeds, 6 cloves garlic minced, 2 tbspn grated ginger, 1 red onion chopped finely, 2 Thai green chillies slit in half lengthwise, 2 tsp turmeric powder, 2 tsp cayenne/red chilli powder, 1/2 tsp crushed black pepper, salt to taste, 6 tomatoes chopped (or 1/2 a tin of chopped tomato), 1 tbspn garam masala, 1/4 cup chopped coriander.

Method

1. Cover the eggs with cool water by 2.5cm. Slowly bring water to a boil over medium heat. When the

water has reached a boil, cover and remove from heat. Let sit for 12 minutes. Transfer eggs to a colander; place under cool running water to stop the cooking.

2. Heat the oil in a heavy bottomed pan and add the mustard seeds to it, once they splutter, add the cumin seeds to it and wait till they sizzle.

3. Add the onion, ginger and garlic and saute till the onions have softened and start to change colour.

4. Add the Thai green chillies, turmeric powder, cayenne, black pepper and salt and cook till the raw fragrance of the spice powders go away - this should take about

two minutes.

5. Now add the tomatoes and cook till they soften. Add the garam masala and cook again for a couple of minutes.

6. Add just about enough water, about 1/3 cup or so to loosen the consistency of the sauce a little.

7. Cut the eggs in half, and gently place them into the tomato sauce. Let it all simmer for a couple of minutes and remove from heat. Garnish with chopped coriander add a squeeze of lemon and serve hot with any form of flat bread or rice. Place on cooling rack and allow to go cold in the tin.



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THE increasingly popular Entertainment Book is a fabulous way to gain discounts on eateries and accommodation not only across the Far North, but around the nation.

When you buy your copy of the Entertainment Book, you can do so through the Foundation, ensuring

20 per cent of the sale proceeds goes to us. In the past year, the Foundation received almost \$1500 – every cent makes a difference to improving health services in Far North Queensland.

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