



# Show us ya guts!

Photo: Local media personalities Kier Shorey (lying down), Murray Jones, Andy Reeves, John Mackenzie and Dave Warner are “getting behind” the endoscopy campaign.

ISSUE 1, 2019

HUNDREDS of cancer patients will be diagnosed and treated locally, thanks to a community campaign headed by the Far North Queensland Hospital Foundation.

The Foundation has instigated the ‘Show us ya guts’ campaign, following a call for specialised equipment from Cairns Hospital’s endoscopy team.

The equipment sought will be for the diagnosis and treatment of small bowel, pancreas, bile duct, oesophagus, stomach and oesophagus ulcers, polyps and tumours.

Cairns Hospital director of medicine Dr Peter Boyd said when the new equipment arrives, he believed this would be the second hospital in Queensland to provide this service.

“I’ve been working in endoscopy for 25 years and I believe once we start this service, the demand will actually be four times what we think it is currently,” Dr Boyd said.

“We know that no matter what health condition, people from the Cape will come to Cairns for treatment, but they just won’t travel further – even if it means they die as a result,” he said.

“We’re actually already performing more procedures than Townsville by about 20 a week and we are doing that because we have a nurse endoscopist, we run two evening lists a week and we manage our own sedation,” he said.

“All our specialists are excellent in their field, but one in particular

– Dr Mohammad Kahn, previously was the director of a hospital in Saudi Arabia – he really is an expert in the field of oesophageal manometry and we are incredibly lucky to have him here.”

Foundation chairman Dr Ken Chapman said for a relatively small investment, hundreds of people would be able to be diagnosed and treated locally, rather than having to travel to Brisbane.

“The team are asking for several key pieces of endoscopic equipment to help facilitate this work,” Dr Chapman said.

“For a relatively small investment of \$423,000, almost overnight this unit will be lifted to tertiary level, which we need to happen across the hospital,” he said.

**Continued page 6.**

## Upcoming Events

**May 19, 2019 -**

Top of the State Car Club Meet

**June - Give Me 5 For**

Kids

**July 14, 2019 -**

Arrow Experience

**September 21-23, 2019 -**

Mt Franklin Cardiac Challenge



# You can ring our bell

THERE was no mistaking Brian Buffington had completed his six months of chemotherapy treatment for leukaemia this week.

The 79-year-old from Mossman was the first patient to ring a new bell installed in the Oncology Day Unit at the Liz Plummer Cancer Centre in Cairns, signalling the end of his treatment.

“There’s only one word to describe it, ‘exhilarating,’ it’s been a long haul and it’s good to give it up and I’m privileged to ring the bell for the first time,” Mr Buffington said.

Previously, patients only had access to a very small bell on the reception desk in the unit but

they can now mark their special milestone with a large bell, donated by the Far North Queensland Hospital Foundation. It includes a plaque which reads:

My Turn to Ring  
By Ringing this Bell  
Three Times Really Well,  
I Signal to Say  
On this Very Day  
My Treatment is Done,  
This Course Is Run and  
I’m On My Way.

Cairns and Hinterland Hospital and Health Service oncology day unit nurse manager Jennifer Faulkner said the Cancer Care Centre provides about 1150 cancer treatments a month and it’s

wonderful to see patients able to celebrate the end of their treatment.

“The staff in the centre are very dedicated and passionate about their work and often become very close to their patients as treatment can go on for months or years,” she said.

“This new larger bell helps our patients to share the joy of reaching a significant milestone and it is a reminder their treatment is only one chapter in their lives not their whole story.”

Mr Buffington said he would be celebrating the end of his cancer treatment by going on a cruise with his family to mark his 80th birthday in June.

Far North Queensland Hospital Foundation

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[www.fnqhf.org.au](http://www.fnqhf.org.au)

far north queensland  
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# Foundation **hits** landmark

ENORMOUS generosity and hundreds of volunteers have helped the Far North Queensland Hospital Foundation achieve a record year for fundraising.

The Foundation posted a record operating result of \$2.35 million during 2017-18, 56 per cent above the previous financial year's result of \$1.51 million.

In its annual report, tabled in state parliament in December, the Foundation also reported unprecedented and record growth in fundraising \$887,230 during the year, which represented a 68 per cent improvement on 2016-17.

"The Foundation's strong performance during the year enabled the organisation to enact the strategic objective of building a reserve and growing the balance sheet to be in a position to fund bigger projects, particularly to support new and improved services and progress towards the goal of Cairns Hospital becoming

a full service tertiary university hospital," the Foundation said in its report.

Foundation chairman Dr Ken Chapman said helping the hospital achieve tertiary status was the charity's mission during 2019.

"I understand it's like a 5-10 year goal, but that is our mission and the community of Cairns wants that," Dr Chapman **(pictured)** said.

"The community of Cairns has shown a willingness to support the Foundation, to put their hands in their pockets and to volunteer to participate in events. I think with that spirit and that will, we're going to get there," he said.

During 2017-18, about 100 Foundation volunteers contributed more than 24,763 hours of unpaid labour to the Cairns Hospital.

Hundreds more Foundation volunteers lent their support to fundraising events during the year, devoting a total of about 11,114 hours.

Dr Chapman said there was an extra 750 volunteers within the community who donated their time to help in fundraising endeavours, such as the recent gift wrapping stall at Cairns Central.

He said on top of this, there had been enormous generosity from donors, including local philanthropist Joyce Swinton who gave the Foundation a total of \$550,000 towards several projects, including the second cardiac catheter laboratory.

"For the second cath lab campaign, the support from the community was incredible, how people came in and wrote big cheques," he said.

"A lot of people had no publicity, but were still writing \$50,000 and \$100,000 cheques because they wanted to see the cardiac unit get to tertiary standard - and that's going to happen."

# Work starts on Cath Lab



Photos: Pete McNally, Judi Phillips and Trisha Sexton check out the construction site. INSET: Member for Cairns Michael Healey chats with cardiac staff. Staff and donors celebrate the milestone.

CONSTRUCTION of the second Cardiac Catheter Laboratory at Cairns Hospital has started.

The \$2.8M facility, jointly funded by the State Government and money raised by the Far North Queensland Hospital Foundation, will allow an extra 577 cardiac patients to be seen each year.

Donors to the Foundation were joined by the Member for Cairns, Michael Healy, Health Service Deputy Board Chair, Luckbir Singh, Foundation fundraising and marketing manager Glenys Duncombe and Director of Cardiac Services, Dr Greg Starmer, as they were given a tour of the construction site.

Mr Healy said the project showed the government's and community's support for the hospital.

"The community's \$1.4M in donations to the second Cardiac Catheter Laboratory for Cairns Hospital is a credit to the people of Cairns and Far North Queensland," Mr Healy said.

"Combined with the State Government's matching \$1.4M investment, we're now starting to see the fruits of our labour.

"The new laboratory will expand the hospital's capacity to treat cardiac patients closer to home, employ more staff and provide new services for the region."

Ms Duncombe said the community's generosity and the Foundation's advocacy was a tremendous benefit for the Health Service.

"We had \$423,000 in donations towards the Cath Lab in a short space of time, with some donations in excess of \$100,000. The community really got behind this project," Ms Duncombe said.

"Combined with funds from Cardiac Challenge, Car for Cardiac, Christmas Wrap and The Power of Pallets, it shows how serious and how committed the community of Cairns and Far North Queensland is to having top quality medical services at Cairns Hospital."

Dr Greg Starmer said the Cardiac Unit had an exciting year ahead.

"When the second Cath Lab is finished, we will be able to expand our capacity to offer specialist diagnosis and treatment of abnormal heart rhythms and prevent sudden death by implanting defibrillators, cardiac resynchronisation and ablation procedures," Dr Starmer said.

"It will also provide additional capacity for cardiac angiograms and angioplasties, including for acute heart attack patients.

"We now have an electrophysiologist working full time, and this year we will be starting new research in conjunction with the Baker Heart and Diabetes Institute, complementing the 12 multinational research programs the unit is currently involved in."

The Cardiac Catheter Laboratory is expected to be completed mid-2019.

[www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au)



# Investment a win for area

NEWS of the Federal Government's \$60 million injection to help create the Cairns University Hospital has been welcomed by the local charity that has been agitating for the move.

Far North Queensland Hospital Foundation chairman Dr Ken Chapman said he was delighted with Prime Minister Scott Morrison's announcement in January and by Opposition Leader Bill Shorten's matching commitment over the weekend.

"This is a big step towards achieving what we have been working towards for some time – a full, tertiary level University Hospital for Cairns. It is why we

fund specialist equipment and facilities like the electrophysiology cardiac catheter laboratory which will get that unit to tertiary level and why we are supporting medical research locally which is needed to achieve university hospital status," Dr Chapman said.

"This commitment is what the people of Far North Queensland deserve. The Sunshine Coast, which has a very similar catchment population, has a stunning new university hospital and people living in this area also deserve that level of care," he said. "We know how much this means to the community and the strong support and very generous donations to the

Foundation particularly for tertiary level facilities like the Cardiac Catheter Laboratory shows how strong the community support really is."

He congratulated Member for Leichhardt Warren Entsch, as well as Advance Cairns, James Cook University and the Hospital Board for their advocacy and leadership and thanked the Prime Minister and the Leader of the Opposition for their support of this wonderful initiative.

"The Foundation now has to further increase our support of research into local medical problems and so support a world class University Hospital."

## Monitor helps Atherton patients

ATHERTON Hospital staff and patients had a heart-stopping moment recently, when a new cardiac testing device arrived, courtesy of the Far North Queensland Hospital Foundation.

Hospital Emergency Department acting nurse unit manager Karina Walther said the \$7600 blood pressure monitor would be used regularly on patients with suspected cardiac problems.

"Nurses take blood pressure of a patient while they are walking/running on a treadmill, continuously holding onto the treadmill," Ms Walther said.

"This makes it very difficult to hear, as there is a lot of external noises. The doctor or nurse then needs to focus attention on the machine to input the blood pressure results. Through this new machine, we are now able to focus on the patient the whole time, as this machine automatically takes the blood pressure through a microphone inserted in the blood pressure cuff. This documents the data into the test itself, leaving the nurse and doctor to focus on the patient," she said.

"This little device will bring much relief to our nurses who strive to provide the best of care to our community."

Foundation CEO Tony Franz said it was



important to support equipment requests from outlying hospitals such as Atherton.

"The funds for this equipment actually came about through the profits from our commercial operations, and it is really wonderful to hear how purchases like this can make a real difference to patient outcomes," Mr Franz said.

"Equipment like this doesn't cost a lot of money, but if it makes the job of caring for patients better and easier, then it's a great outcome for everyone," he said.

**Photo: Nurse Jennifer Whitmill, Dr Betty Tawake and patient Justin Hall.**

# Our recent purchases

Purchased in the past three months:

Paediatric Theatre kid friendly space: artwork, Krayon iPad Kiosk, toys, iPad 9.7 inch x 7, iPad wall mount x 4, recliner, curtains, equipment trolleys x 3 **(Woolworths campaign).**

Cath Lab Redevelopment \$1.4M for Cardiology **(Cardiac Challenge, private donations)**

8 x CADD VIP Chemotherapy pumps complete with AC Adapter, Rechargeable Battery and Pre-sales check @ \$21k for Oncology Day Unit **(Private donation)**

2 x Quick Head Immobiliser and Sager Extreme Compact Emergency Splint for Croydon @ \$1500 **(General donations)**

**Arrow Experience**  
Hike the Arrow trails and help raise funds for Cairns Hospital  
Sunday 14 July 2019

**GRAND PRIZE**  
\$1000 SHOPPING SPREE AT DFO FOR THE HIGHEST INDIVIDUAL FUNDRAISER

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For more information and to register, visit [www.arrowexperience.org.au](http://www.arrowexperience.org.au)

**WIN!** Enter our Arrow Experience art union for \$2 for a chance to win this MG3 Core 1.5L Auto. Valued at \$19,334.48 MY18 including registration, CTP and stamp duty. Visit the Arrow Experience web site to purchase your tickets.

All prizes drawn 20 September 2019. Drawn on 24 September 2019 at 4 Green Street, Cairns. Collection is from 20:00 to 22:00. All prizes are subject to availability. Winner will be notified by email and phone and celebrated in Cairns. For Public Notice on 26 September 2019.

\*Terms and conditions can be found on [www.arrowexperience.org.au](http://www.arrowexperience.org.au)



## Show us ya guts!

### From page 1

“They have some incredible clinicians here, including an oesophageal expert from Saudi Arabia, one of only five nurse endoscopists in the state and we want to give them the equipment to treat more people, more quickly,” he said.

The breakdown is \$122,000 for oesophageal manometry (measuring waves) and pH studies, two balloon enteroscopes at a cost of \$120,000 and Olympus radial and linear probes at a total cost of \$190,000.

The campaign has been headed by media organisations across the city, with ABC Far North presenter Kier Shorey, Cairns Post general manager Andy Reeves, 4CA presenters John MacKenzie and Murray Jones, and Star 102.7’s Dave Warner.

### Vital stats

- Demand for endoscopy services in FNQ is increasing by at least 10pc a year
- More than 25 endoscopy procedures are performed at Cairns Hospital each day
  - About 8200 endoscopic cases were dealt with throughout the Cairns and Hinterland Hospital and Health Service in 2017-18 (CHHHS annual report)
- Demand is expected to increase to 8400 in the current financial year, with an extra 1000 cases each year after that (CHHHS annual report)
- About one in 23 people will be diagnosed with bowel cancer in their lifetime
- Bowel cancer is the second-most diagnosed cancer in FNQ for both men and women (after prostate and breast cancer)\*
- 167 bowel cancer diagnoses in FNQ each year, 57 die each year\*

To donate visit [www.fnqhf.org.au/endoscopy](http://www.fnqhf.org.au/endoscopy).

\*Source: Cancer Council Queensland 2007-2011





IF John Piccone can step outside his comfort zone and ride a bike to Cooktown, anyone can.

The well-known retailer will join his brother Peter who manages drink and snack stops along the way on the Mount Franklin Cardiac Challenge in September. The Piccone family also supplies most of the food for meals along the way.

"I've got my whole family behind me, Dad thinks it's great because I won't be so fat by the end of it," John Piccone said.

On a serious note, he said it was important to him to support the event, hosted by the Far North Queensland Hospital Foundation, because the Foundation supports his family.

"The Foundation supported my mum and my family when she had cancer, the Foundation supports my dad with his heart and other health issues. The Foundation is part of my community and it is important to me personally, to support my community," Mr Piccone said.

"Plus Glenys (Duncombe) challenged me," he said.

As part of his training Mr Piccone has started going to the gym, will soon buy a bike and of course get fundraising.

The Cardiac Challenge started in 2007, is now in its 13th year and in that time, has raised almost \$4 million for cardiac services in FNQ.

\$800,000 of the Foundation's \$1.4 million

contribution to the second cardiac catheter lab project, came from the Cardiac Challenge.

Foundation Fundraising and Marketing Manager Glenys Duncombe said she was thrilled John was saddling up for the event.

"We have had support from Piccones for this event, almost since the beginning. Pete has come along almost every year and he loves it. We're pretty sure John is going to love it too," Ms Duncombe said.

**Registrations are now open. Early bird registration closes on May 31 and registrations close on July 31. [www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au). The Cardiac Challenge will be held September 21-23, 2019.**





# Show us ya guts!

And put your money where your mouth is today.



L - R: Murray Jones (Classic Hits 4CA), Andy Reeves (Cairns Post), John Mackenzie (Classic Hits 4CA), Dave Warner (Star 102.7). Front: Kier Shorey (ABC Far North)

Help us raise \$409,000 to bring the Cairns Hospital Endoscopy Unit to tertiary level. This will help diagnose and treat more patients with OESOPHAGUS, STOMACH, PANCREAS, BOWEL and BILE DUCT diseases in Cairns.

To donate or for more information,  
visit [www.fnqhf.org.au/endoscopy](http://www.fnqhf.org.au/endoscopy)  
or contact Glenys Duncombe,  
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# Charity plans crafty market

CRAFTY hospital staff are getting their crochet needles and planter pots ready for the Far North Queensland Hospital Foundation's inaugural Market Day.

Instigated by Cairns Hospital After Hours Nurse Manager Melissa Marshall, the market day will be held at the Fred Moule Pavilion at Cairns Showground on April 13.

"My passions are making jewellery, fundraising, people, markets and my community. The Foundation supports our community through health improvements and a Market Day was just such a perfect fit," Mrs Marshall said.

"We have a lot of creative people at the hospital who do that sort of thing as stress relief and to wind down from what they do at work," she said.

"And they all support the Foundation because it is about providing equipment and grants to help improve patient outcomes, which is what we're all about," she said.

The Market Day also is an opportunity for the general public to hold market stalls of locally made items, produce, food, plants, upcycled and vintage products.

A finalist in Cairns Regional



Council's Citizen of the Year awards, Mrs Marshall said she was excited about the event, confident it would be a good money spinner for the Foundation, and a great way to bring the community together.

The focus of this market will be on locally made items, plants, produce, and food, as well as upcycled and vintage products.

**The Foundation's market**

**day will be held on April 13 at Fred Moule Pavilion, Cairns Showground.**

**Photo: Cairns Hospital After Hours Nurse Manager Melissa Marshall and fellow nurse Terri Short are excited about the wares to be sold at the Foundation's inaugural Market Day on April 13.**

## Thousands raised at baby expo



ALMOST \$7000 was raised at the fourth annual Cairns Pregnancy and Baby Expo in February.

Organiser Alison Cupitt dedicated months to selling stall sites and organising a vast array of raffle prizes worth an amazing \$8000.

"I'm thrilled we were able to raise enough money from

donations, the raffles and gold coin door fee to make enough to buy a CosyTherm for the Special Care Nursery," Ms Cupitt said.

More than 1000 people attended at the Pullman Cairns International, checking out the latest local baby items and buying tickets in amazing prizes, such as the rocking Llama, donated by the Cairns Men's Shed.

# Vollie Q&A



- 1. Name:** Lee Oastler
- 2. Age:** 73
- 3. Have you always lived in FNQ? If not, where did you come from and how long have you been here:** I moved to Cairns in 1978 from the Northern Territory
- 4. Volunteer role:** Information desk, fundraising, ticket selling, PlayScheme and wherever I'm needed
- 5. How long have you been volunteering with us:** seven years
- 6. How did you come to start volunteering with us:** I retired, spent some time in hospital and the staff were amazing. They looked after me so well and it's good to give back to help out. They all work so hard.
- 7. Star sign:** Virgo
- 8. Interest, hobbies, past-times:** I love travelling, movies, spending time with friends and family, craft and crochet.
- 9. Tell us about your family – kids, grandkids, great grandkids?** One daughter, two boys, 13 grandchildren all aged two years to 23 years.
- 10. What do you do with yourself when you are not helping us?** I try to keep myself busy. I'm not one to sit at home.
- 11. Are you retired? If so, what did you do before leaving the workforce?** Most of my working life I was self employed in the food industry. I spent many years at HMAS Cairns operating their food canteen.
- 12. What do you enjoy about volunteering with us?** I enjoy meeting people and love attending fundraising events. It's great to help out and give back.



## Researcher feature

- 1. Name:** Dr Alice Cairns
- 2. Age:** 38
- 3. Where and in what position are you working?** Weipa. HOT North Research Fellow, Centre for Rural and Remote Health, James Cook University.
- 4. Tell us which grant you received and how you are going to use it?** \$25,000 grant. This grant will be used to employ research assistants to support implementation protocols, data collection and data analysis. The money will also allow for extra training for the data collection team on effective and culturally appropriate qualitative data collection techniques with indigenous participants.
- 5. How did you hear about the Foundation's research grants?** Promoted through the JCU network.
- 6. What is your project about?** Evaluating the implementation and outcomes of a student-led community rehabilitation service in Napranum and Weipa.
- 7. How did you come to be studying this particular field?** I am an occupational therapist with a clinical background in mental health rehabilitation. Since moving to Weipa in 2015, my research interests have expanded to meet the challenges of remote communities where the focus of health services and the local community is on innovative ways to use the available resources to meet community needs.
- 11. How will your research benefit the FNQ community?** This research will help build the evidence for how the delivery of a student-led community rehabilitation model can be implemented and what outcomes a service can expect from this service delivery.



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**Photo: Foundation chairman Dr Ken Chapman, Dr Edward Strivens, Prof John McBride, Cairns Clinical School research support officer Dr Luisa Roeder, researchers Tom Swan and Alice Cairns.**

# Research grants awarded

GENOME sequencing of the highly invasive Asian Tiger mosquito in the Torres Strait is one of two \$25,000 research grants awarded by Far North Queensland Hospital Foundation.

The Foundation has provided a \$25,000 grant to James Cook University PhD candidate Tom Swan to investigate the distribution, dispersal and ecology of the Asian Tiger Mosquito. This will involve catching them in the Torres Strait using a range of novel trapping tools.

Another aspect will involve sequencing the genome of the Asian Tiger Mosquito. “That will help us better understand the biology of this mosquito, including the potential pathways they might follow in spreading through the Torres Strait,” Mr Swan said.

The Asian Tiger Mosquito can carry both the dengue and chikungunya viruses, and has been a global public health threat for many decades now. As a result of globalisation, humans have transported the Asian Tiger Mosquito into new regions, helping it achieve almost worldwide distribution.

“As well as being a major threat to public health, this mosquito is famously called ‘the barbecue killer’ because it’s a vicious, daytime biter and can have a big impact on people’s lifestyle,” Mr Swan said.

Since Asian Tiger Mosquitoes invaded the Torres Strait in 2005, they have been responsible for local transmission of dengue on Erub, Boigu and Badu Islands.

Mr Swan said he and other experts consider it may

only be a matter of time before this mosquito invades mainland Queensland.

“The Asian Tiger is considered one of the 100 worst invasive species,” Mr Swan said. “If it invaded Far North Queensland it could potentially compromise the success of the Eliminate Dengue program, by displacing *Aedes aegypti* mosquitoes that have been ‘vaccinated’ against dengue with *Wolbachia*.”

Presently, the Asian Tiger mosquito has been successfully suppressed on Thursday and Horn Islands as a result of a successful Asian Tiger Mosquito Eradication Program, but little control has been conducted on the outer islands. “Findings from this research will be used to better understand the biology of the Asian Tiger Mosquito and to evaluate novel mosquito trapping tools for use on the outer islands,” Mr Swan said.

The second large research project will be conducted by Weipa-based occupational therapist Alice Cairns PhD.

Dr Cairns, a HOT North Research Fellow at JCU’s Centre for Rural and Remote Health, is supporting the Student-led Community Rehabilitation and Lifestyle. This collaboration between James Cook University and local health services involves allied health students working in multi-disciplinary teams.

“Because we don’t have a great deal of resources here, but we do have regular students here on clinical placements, we thought we could better utilise them to help improve outcomes,” Dr Cairns said.





“Often in remote communities like Napranum, if a person has a stroke or a disability and goes home, they don’t have access to community rehabilitation services like they would in larger towns and cities.

“In this project, each patient will be supported by a team of allied health students. For example, someone who has had a stroke might see a team that includes physiotherapy, occupational therapy, speech therapy and social work.

“The students will work together, fully supervised, to fill a service gap and potentially improve the patient’s outcome and prevent hospital readmissions,” she said.

The research project will entail students being appropriately supported and supervised, a project officer to develop procedures and collate results and some further analysis by Dr Cairns to assess outcomes.

The Foundation has provided a \$24,800 grant to Dr Cairns through the JCU’s Centre for Rural & Remote Health.

Foundation chairman Dr Ken Chapman said the Foundation this year funded \$112,000 in research grants.

“The Foundation sees investing in research as paramount to the future of healthcare in our community,” Dr Chapman said.

In the 2018-2019 financial year, the Foundation is providing \$162,000 towards local research – its biggest ever commitment.

That is comprised of \$50,000/year for three years towards a research support officer (in conjunction with JCU); two large grants of \$25,000 each, and a further \$62,000 towards smaller grants.

# Pete’s our heart hero

FOUNDATION staff were ecstatic in January, when long-time volunteer and Cardiac Challenge instigator Pete McNally was named Cairns Regional Council Citizen of the Year.

Pete McNally’s efforts to improve



the health of cardiac patients since pioneering the 333km Cardiac Challenge bike ride from Cairns to Cooktown in 2006 clinched him the 2019 Cairns Regional Council Citizen of the Year.

“To get an award, it’s not just for me, it’s for everyone (but) very humbling,” Mr McNally **(pictured with partner Judi Phillips)** said.

“There is a life after a heart attack or heart procedure, the message is you have got one heart, look after it. Be healthy, be happy and get out here and do things.”

Mr McNally was born with a hole in his heart, he avoided treatment by “running away” until finally being operated on at the age of 50.

He now cycles every day and educates cardiac patients on the critical importance of post-surgery exercise.

Having been born with a congenital heart defect, Pete was aware of the need for improved cardiac services in Far North Queensland.

The Cardiac Challenge has since raised almost \$4 million to provide Far Northern cardiac patients with services for which they previously needed to travel to Brisbane or Townsville.

Pete is an advocate for improved cycling infrastructure and making cycling a genuinely inclusive activity.

This is supported by his involvement in the “Deadly Treadly” program, through which he engages and trains disadvantaged youth with the aim of participating in the Cardiac Challenge and other rides.



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YOU THOUGHT POSSIBLE.



# Cardiac CHALLENGE

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## **dcafe recipe** **raspberry oat** **breakfast bars**

This recipe not only tastes great but the bars are actually good for you. The ripe bananas provide a more-ish natural sweetness. Oats are low GI and will give you sustained energy. Add to that the sticky dates, nuts and raspberries you won't be disappointed.

### What you need

1½ cups (225g) raw cashews, 1½ cups (120g) desiccated coconut, 3 peeled and chopped medium ripe bananas (300g), 10 fresh pitted dates (200g), 2 teaspoons vanilla extract, ½ tspn bicarbonate of (baking) soda, 125g fresh (thawed frozen is fine) raspberries, ½ cup (45g) rolled oats, maple syrup, for drizzling (optional).

### Method

1. Preheat oven to 180°C (350°F). Line a lightly greased 20cm square tin with non-stick baking paper.



2. Place the cashews, coconut, banana, dates, vanilla and bicarbonate of soda in a food processor and process, scraping down the sides of the bowl occasionally, for five minutes or until smooth.  
 3. Fold half the raspberries and half the oats into the mixture, spoon into the tin and smooth the

top with a palette knife.  
 4. Gently press the remaining oats and raspberries into the top and cook for 25 minutes or until the top is dry and golden.  
 5. Set aside to cool for 10 minutes, then refrigerate until cold. Cut into 10 bars and serve with maple syrup, if using.  
 Makes 10.



## Helping you helps patients

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.  
<http://bit.ly/FNQHFEntBook>