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*Photo courtesy of Daniel Blake*

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"Like" the Far North Queensland Hospital Foundation's Page



**FNQ Hospital Foundation News**

Since its inception in 2002, Wayne Leonard's Motorcycle Muster has become a signature event for the Far North Queensland Hospital Foundation. Wayne has worked tirelessly for this event and is a long-time supporter of the Far North Queensland Hospital Foundation. To date the event has raised \$488,930.

The theme for 2012 is "On a Mission" and will see riders heading back to Mission Beach on the 19th and 20th May. It is a weekend of having fun and touring our beautiful region while raising much needed funds for health services in Far North Queensland.

The \$60 nomination fee includes an iconic Motorcycle Muster t-shirt, breakfast at Cairns Base Hospital, morning tea (on the ride) and buffet dinner at Mission Beach Resort. Each bike entered is expected to raise \$300 and there are great incentives to raise more.



The website [www.motorcyclemuster.com.au](http://www.motorcyclemuster.com.au) has all of the details and is the portal to register for the event. For assistance with online registering for Wayne Leonard's Motorcycle Muster ring the FNQ Hospital Foundation P: 4226 6553. Fundraising activities include art union tickets which are currently on sale in Cairns Central and can also be purchased online [www.motorcyclemuster.com.au](http://www.motorcyclemuster.com.au). Tickets are \$2 each and this year's prize is a Harley Davidson XL883L Super Low. There are 330 volunteer shifts selling tickets over 11 weeks and the display will move over to Mount Sheridan Shopping Centre at the end of this month. If any volunteers are interested in assisting with the sales of the art union tickets during shopping centre hours, please contact Anne Chirio at the Foundation for more details [volunteer@fnqhf.org.au](mailto:volunteer@fnqhf.org.au) or phone: 4226 8993 or 4226 6553.

Wayne and Rhonda Leonard have selected the Foundation's Paediatric Playground Project to benefit from this year's fundraising. Some of the unique features that will be included are a play room, a pool table room, an art and crafts room, a sensory room, an outdoor physiotherapy area, an outdoor stage area and seating under shade sails complete with large fish tanks and water features. Exercise and rehabilitation through active play provides an opportunity for engaging in familiar activities for sick children and their families. An education room with computers and a part time teacher will be of particular benefit to long term patients who will be able to keep up with school work.

Far North Queensland Hospital Foundation

# Wayne Leonard's

**MOTORCYCLE MUSTER 2012**

**"ON A MISSION"  
CAIRNS TO MISSION BEACH  
19-20 MAY 2012**

 follow us on facebook

**RAFFLE TICKETS  
\$2.00**



**1st prize: Harley Davidson XL883L Super Low  
(valued at \$13,615)**

Tickets also available online at [www.motorcyclemuster.com.au](http://www.motorcyclemuster.com.au)

Drawn at Mission Beach Resort on Saturday 19th May 2012.

For more details contact: Glenys Duncombe P: 07 4226 6327 | F: 07 4226 6663

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

Art Union Licence # 65537. Art Union closes on 16th May 2012. Art Union prize excludes on road costs and collection is from Wayne Leonard Motorcycles, Cairns. Winner notified by phone Saturday 19th May, 2012 and advertised in The Cairns Post Public Notices on Wednesday 23rd May 2012.



MOTORCYCLES

Cairns Nth Qld ☎ (07) 4051 2741

**TWW**  
TOTALLY  WORKWEAR



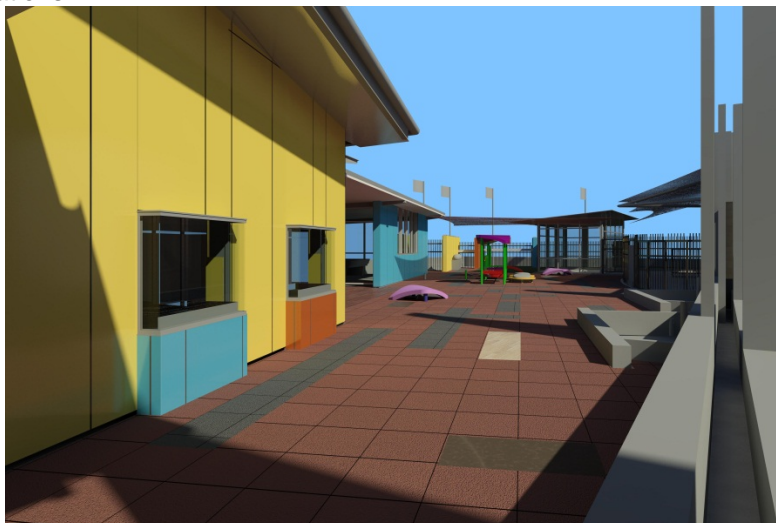


We're on a mission to see the Paediatric Playground built in 2012 and Wayne Leonard's Motorcycle Muster is a sure winner to achieve results and help us with our aspirations.

The Far North Queensland Hospital Foundation is funding the \$1.2 million Paediatric Playground Project and preparatory work is to commence in the very near future on the rooftop at Cairns Base Hospital (adjoining the children's ward).

The spacious recreational area will provide a designated area for social interaction for patients and their families. With unique features including a play room, a pool table room, an outdoor stage area, an art and crafts room, a sensory room, large fish tanks, shade structures, gardens & seating and water features, it is a welcome development to the Paediatric Ward.

Opportunities for exercise and rehabilitation through active play will be supported by an outdoor physiotherapy area.



*Artist's impression of a section of the Paediatric Playground which will overlook the Cairns Esplanade*

Play is an important part of childhood and provides an opportunity for engaging in familiar activities and play for sick children and their families with a respite from their beds and from hospital life.

There will also be an education room with computers and a teacher (already in action on a smaller scale) which will be of particular benefit to long term patients who will be able to keep up with school work.

The Paediatric Playground Project objectives are for happier, more cooperative patients, family interaction, improved recovery times and lessening perceived treatment pain. The close access of the playground allows easy access to the all-weather outdoor recreation area, increased access to toys, educational materials as well as the opportunity to interact with their peers.

### Rapid Access Chest Pain Clinic

The Far North Queensland Hospital Foundation is pleased to have Mareeba born Cardiologist Dr Greg Starmer appointed as one of the Cardiac Consultants at the Cairns Base Hospital's Rapid Access Chest Pain Clinic which opened on 1st March this year. Dr Starmer has recently returned from 13 months as a Cardiologist in Canada. The Rapid Access Chest Pain Clinic is the first of its type in a Queensland Public Hospital and will be a pilot project for Queensland Health which should lead the way for other Public Hospitals.

This means people who are experiencing exertional chest pain for the first time (thought to be angina) will be seen by a Cardiac Consultant within two weeks of the referral date.



*Dr Greg Starmer in the clinic*

Chest pain is associated with significant morbidity and mortality and adds to the patient's mental anguish. Patients referred to the clinic would be examined accordingly, resting ECGs performed, referred for exercise testing where appropriate and an angiogram if angina is confirmed. Those who do not have angina will have peace of mind with that knowledge.

Since the inception of the Yellow Pages Cardiac Challenge in 2007, participants and supporters have raised over a million dollars which is being used to improve cardiac health care.

Both the Rapid Access Chest Pain Clinic and the Cardiologist position will be fully funded for the first year by the money raised by the Foundation's flagship event, the Yellow Pages Cardiac Challenge.

The annual Yellow Pages Cardiac Challenge is organised by the Far North Queensland Hospital Foundation with the event's founder, Peter McNally, continuing his involvement in the ride.

Dr Starmer has indicated he will participate in the 2012 bike ride as he is also a keen cyclist and has always had the event in his sights.

Cardiologist Dr Steven Sutcliffe will also ride in support of the Cairns Base Hospital's Cardiac Unit. This is a shining example of the region's community support to the FNQ Hospital Foundation and our mission to provide a Centre of Excellence in Health Care for the Cairns and Hinterland Health Service District.

The Chairman of the Foundation, Dr Ken Chapman, said that he was pleased the Far North will directly benefit from the success of the Cardiac Challenge. "Since the inception of the Yellow Pages Cardiac Challenge in 2007, participants and supporters have raised over a million dollars for the Cairns Base Hospital's Cardiac Unit," Dr Chapman said.

Although over six months away, planning is starting to gear up again for this year's annual Cardiac Challenge September 29 – October 1. With Yellow Pages continued sponsorship along with our other major sponsors and the invaluable support from the 51st Army Reserves, Police Tactical Response Squad, the Navy and SES with the logistics of moving 300 riders and 100 support people, the challenge is not one just for the riders. However, at the end of the ride the sense of personal achievement and the camaraderie the ride fosters only serves as a reminder of the bigger sense of community and the appreciation of the community's support for and generosity towards the ride.

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## Research Small Grants 2011

The Hospital Foundation has approved thirteen projects totalling \$24,500 under the third annual funding round for 2011's Research Small Grants. A few of the successful projects are:

- Aboriginal and Torres Strait Islander women diagnosed with Gestational Diabetes in Far North Queensland
- Evaluation of the Cairns Base Hospital Evacuation in response to Tropical Cyclone Yasi
- Investigation on the Etiology of Undiagnosed Fever
- Pilot study of methodologies to quantify cannabis use in Indigenous peoples in urban and remote communities
- Study to assess high sensitivity and C-Reactive Protein as an additional predictor of Coronary Artery Disease
- Exploring differences in how facial information is processed by FNQ Youth, emotional facial "cues" and interaction differences between Indigenous and Non-Indigenous Youth

The Hospital Foundation offers annual research awards which are available to health professionals or researchers who are working in Far North Queensland, or students preparing for careers in various aspects of health care within institutions in Far North Queensland. In general, applications for awards will be for research that is conducted in Far North Queensland, and of benefit to the people of Far North Queensland.

**Further information on the FNQ Hospital Foundation's small grants available can be found on the website: <http://www.fnqhf.org.au/grants>**

### Equipment Purchased by the FNQ Hospital Foundation

- The Special Care Baby Unit received a \$53,400 Giraffe Omnibed which is a highly specialised incubator and a radiant warmer. It protects the infant from heat loss when either door is opened while the bi-directional airflow through double walls maintains thermal stability and ensures the infant receives uniform heat.
- The Innisfail Hospital received \$29,420 for a Carendo hygienic chair and a standing hoist, plus a Maxi twin hoist.
- The Atherton Dialysis Unit received eight televisions with nurse call installed to the value of \$15,000.

**The Department of Human Services Centrelink Call Cairns** have a dedicated group of staff who promote increased awareness of special needs groups and building purposeful relationships with the local community. This group organises fundraising events throughout the year to support charities on key event days and to provide donations at the end of the year to 4 local organisations nominated by the staff. \$750 was donated to the Far North Queensland Hospital Foundation. The Foundation is very pleased to be selected as one of the lucky recipients of the Centrelink team's efforts.



*The Department of Human Services  
Centrelink Call Cairns team*

### Successful Gambling Community Benefit Fund Grant

The Foundation is very grateful to receive a grant of \$31,809 from the Gambling Community Benefit Fund to purchase a vehicle. The new Holden Berlina Wagon is a great asset for travel to and from events and functions, general business activities and also transportation of the volunteers to and from events and other fundraising activities.



putting the pieces together  
for a healthier north



*The Foundation's new vehicle*

## Fundraising Events

It is refreshing to see our local businesses, organisations and individuals dedicate their skills and expertise with a passion to make a difference to benefit members of our community needing health care services.

### Save the Date Wedding Expo at Brother's Leagues Cairns

On the 15th of January the Far North Queensland Hospital Foundation's fundraising team and volunteers went to the Wedding Expo to assist with the very successful day of fundraising.

There were generous prizes donated by many of the 90 Far Northern exhibitors for fundraising raffles and other activities. More than 1500 people came through the doors with many prospective brides and their entourage.

The Event Coordinator, Marriage Celebrant Joanne Male, and Debbie Maltby of Brother's Leagues Cairns really made the event a huge success.



*Debbie Maltby of Brothers Leagues Club Cairns  
and Event Coordinator Joanne Male*

The Foundation received over \$12,000 from the day and the funds will be directed to the Liz Plummer Cancer Care Centre to enhance the wards furnishings with high quality photographs digitally printed onto curtains. The images are taken by local amateur and professional photographers and will brighten the atmosphere in the ward for patients receiving their cancer treatments.



## Gilligan's Fundraiser

Gilligan's conducted a couple of fundraising events late last year raising a total of \$15,000 for the Paediatric Playground. On the 19th November it was Gilligan's Birthday and they waived their usual \$10 door charge on a Saturday night but requested their loyal punters make a gold coin donation (or more!) to raise funds for the Paediatric Playground Project. On Thursday 1st December, their Obsession Fashion Show was also dedicated to raising funds for the Paediatric Playground.



Thank you to Anthony Brooks and Zac Ross of Gilligan's and their generous supporters for the awesome effort, our community really is behind us!

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## Trivia Night

### Cazalys Cairns Proudly Supporting FNQ Hospital Foundation

Through the efforts of Cazalys Trivia crowd, a generous \$3,750 was donated last year to the FNQ Foundation.



Cazalys General Manager Jason Salecich said "Cazalys is pleased to be involved with the FNQ Hospital Foundation each year. Our staff and members are happy to see so much valuable funding being directed towards helping the kids in Cairns."

You can join in on Wednesday nights anytime, register from 7:00pm for a 7:30pm start. Teams are made up of 4-6 people and only \$2 entry for a great night of entertainment!

For more information on Cazalys community involvement or trivia go to our website at [www.cazalys.com.au](http://www.cazalys.com.au) or call 4054 1464.

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## Trivia Night

### Paradise Palms Generous Support

For those living on the Northern Beaches, Paradise Palms are hosting Trivia Nights every month on a Thursday to help us with our fundraising efforts. Their next dates are: 29th March, 26th April and 31st May.



For further details contact: 4059 9924 or email [events@paradisepalms.com.au](mailto:events@paradisepalms.com.au)

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## Christmas Gift Wrapping

Thank you to all of our supporters and volunteers for 2011's Christmas Gift Wrapping event held during December at Cairns Central Shopping Centre and the Good Guys on Mulgrave Road. The event was a big success raising \$24,159. These funds will be directed to the Paediatric Playground Project at Cairns Base Hospital. The Christmas raffle raised \$2,418 and special thanks go to the Cairns Central businesses who supported this: LookSmart, Hairhouse Warehouse, Budget Eyewear, Splish Splash Swimwear, Spendless Shoes, National Australia Bank, Ed Harry, The Coffee Club and Lorna Jane.

Thanks also to Tim and Carol Higgins of Healthy Habits who continue to supply our volunteers with free tea and coffee and discounted food whenever they volunteer at our Cairns Central fundraising events. This is very much appreciated by both the volunteers and the Hospital Foundation.

Cairns Central had 373 shifts totalling 1119 hours and The Good Guys 48 shifts totalling 197 hours.

A big thank you to all volunteers who supported this wonderful annual event; some exceeded our expectations attending many very busy shifts with a dedicated spirit of community giving.



Our Volunteers work in many areas of the hospital including the Oncology Unit. This position has proved to be very popular with our volunteers making cups of tea for patients having chemotherapy.

**Playscheme** is starting to really take shape now with a retired school teacher (Playscheme Supervisor) taking over the day to day running of this area. We will be working much closer with the ward classroom teacher and Playscheme volunteers bringing themes like Australia Day together with the ward.

Article by Anne Chirio - Manager, Volunteer Program

### Special Memory Blankets

Memory Blankets are a tiny handcrafted blanket that the FNQ Hospital Foundation's volunteer, Beryl Coulson, has been making for eight years. Mary Seles has been assisting Beryl in the last couple of months. The beautiful patchwork quilts are individually designed and very beneficial for assisting parents with the grief experienced from the loss of their newborn baby. The babies are wrapped in the blankets and the parents cuddle them for the last time before they are buried. Some parents may choose to keep the blanket, others will bury the baby with the blanket. "For some it will be their very first cuddle" says Anne

Chirio, "The Memory blankets become a cherished memento of the baby's birth". Beryl said she made up to 80 quilts in one year. "The staff in the birthing units are so appreciative and they always say the parents are very grateful to receive them".



Mrs Chirio said her craft ladies needed donations of printed materials suitable for the infant and baby quilts which are usually 60 cm square. Fabrics can be bright, pastel, patterned or plain to suit babies of different cultural or ethnic backgrounds. **To assist with donations please call Mrs Chirio on 4226 8993.**

If you would like to post in a donation, please cut off the slip below and post to:  
**Far North Queensland Hospital Foundation, P O Box 957, Cairns Q 4870**

**The Far North Queensland Hospital Foundation needs your help to continually upgrade the provision of health services to all Far North Queenslanders.**

☐ Yes, please keep me informed about activities at the Foundation.

☐ Yes, please send me more information about becoming a volunteer with the Foundation.

☐ Yes, please send me more information about the "Friends of the Foundation".

**Please name your region** \_\_\_\_\_

☐ Cooktown    ☐ Mareeba    ☐ Mossman    ☐ Gordonvale  
☐ Cow Bay    ☐ Cairns    ☐ Babinda    ☐ Other

☐ Yes, please send me more information:

☐ Fundraising    ☐ In Memoriam    ☐ Bequests services

**Phone for more info:** PO Box 957 Cairns Queensland 4870  
**P:** 07 4226 6553 **F:** 07 4226 6663 **E:** fundraising@fnqhf.org.au  
**W:** www.fnqhf.org.au

☐ Yes, I would like to help the Hospital Foundation with a donation of \$ .

**PAYMENT METHOD**

☐ Visa    ☐ Mastercard    ☐ Cheque    ☐ If you wish to receive a receipt please tick this box and it will be posted within 14 days.

or you can donate online: [www.fnqhf.org.au](http://www.fnqhf.org.au)

Signature \_\_\_\_\_ Expiry date \_\_\_\_\_

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

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far north queensland  
hospital  
foundation

Yellow Pages 

# Cardiac Challenge

September 29 to October 1

2012  
Cairns to  
Cooktown  
Bike Ride

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





