



**Photo: Foundation CEO Tony Franz, Geoff Nielson and Rhonda Leonard.**

## Revved up for Muster

ISSUE 3, 2017

DECEMBER 11, 2016 is the day the Nielson family's life changed forever.

Geoff was hurt in a motorcycle accident on that day, losing his lower left leg and suffering multiple other injuries that he is still contending with. But he and his close family are simply glad he is alive.

"You know we've been doing the Motorcycle Muster for years, but never in a million years thought that we would have cause to use the hospital in this way," Geoff said.

The 70-year-old was on a motorcycle ride with mates, when the accident occurred. While he is not able to discuss circumstances of the accident as the investigation is continuing, he did say he has been blown away by the care he received in Cairns Hospital.

"My Harley was written off but I do plan to get back on a Harley one of these days – my left shoulder is

still a problem, but I'll get there," Mr Nielson said.

Wayne Leonard's Motorcycle Muster has been an annual motorcycle pilgrimage for 16 years, originating in 2002 when Wayne and Rhonda Leonard got together with the Far North Queensland Hospital Foundation, to fundraise for a paediatric transport cot.

Since 30 motorcycle riders revved their engines and set off on the first Muster, the annual event has raised more than \$732,729 for the Far North Queensland Hospital Foundation.

Based in the Far North, all funds raised by the Foundation are spent improving health care services for people who live in this region.

As one of the charity's premier fundraising events, the Muster has contributed about \$100,000 towards the \$1.2 million Paediatric

Playground Project, which created a state-of-the-art playground for children in Cairns Hospital in 2015.

The Muster also has enabled the Foundation to buy a range of vital health equipment for Cairns Hospital, including equipment for the Emergency Department, Special Care Nursery, and this year funds will go towards Theatre.

Foundation CEO Tony Franz said this year participants were aiming to raise \$70,000, with more than \$25,000 already raised. "We're looking at buying some special equipment for theatre, that would help patients like Geoff in the future," Mr Franz said.

This year's Muster will travel on August 5 to Mission Beach, via a scenic trip through the Atherton Tablelands. It is anticipated more than 40 motorcycles will take part.

Visit [www.motorclemuster.com](http://www.motorclemuster.com)

## Upcoming Events

### July 1 - July 31

Dry July- <http://bit.ly/FNQDryJuly>

### July 19

ANZ Charity Tennis Challenge

### August 5-6

Wayne Leonard's Motorcycle Muster  
[www.motorcyclemuster.com.au](http://motorcyclemuster.com.au)

### September 16-18

Mount Franklin Cardiac Challenge  
[www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au)

### November 7

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

### November 17

The Power of Pallets  
[www.thepowerofpallets.org.au](http://thepowerofpallets.org.au)

# Patients benefit from fundraiser

THE humble timber pallet has morphed into a cancer diagnostic device.

Far North Queensland Hospital Foundation CEO Tony Franz met with The Power of Pallets instigator Kate Fern recently to see how the flexible nasoendoscopes work.

Valued at almost \$18,000, Cairns Hospital cancer services specialist radiation oncologist Dr Luke McGhee said the scopes are used to assess patients who are being monitored for head and neck cancers.

“They enable us to directly see the original site of the cancer and the rest of the internal aspect of the throat where these patients are at risk for second cancers also. Currently using the scopes alone, we are unable to take pictures of what we see. Having access to these pictures will enable other doctors to be able to directly assess whether there have been



any changes since they were seen by us,” Dr McGhee said.

“The ability to record any changes we see over time is hugely important in being able to detect any subtle changes that may be the early signs of cancer. The monitor also gives us a superior view of the area than the scopes alone which again enhances our ability to detect any changes that may indicate recurrent cancer. This monitor is going to make the early detection of recurrent cancer or a second head and neck cancer in these high risk patients

easier. Early detection is important in giving these patients the best chance of cure.”

Mr Franz said it was always rewarding to directly see the impacts of fundraising on patient outcomes. “Every cent donated to us stays local and goes towards its intended cause and we always love these occasions when we can hand over a piece of equipment and hear from the medical and nursing staff about how they can make a difference and potentially save people’s lives,” Mr Franz said.

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**SPECIAL DUO:** Keen cyclists Mary and Sean McGuinness are ready to ride the Mount Franklin Cardiac Challenge again in 2017.

# Cardiac has spirit of its own

“AS long as I’ve got legs, I’ll be doing the Cardiac Challenge.”

So says Cairns mum, midwife and cyclist Mary McGuinness and her husband Sean agrees wholeheartedly.

“I first saw the arrival of the Cardiac Challenge cyclists in Cooktown five years ago when my brother-in-law rode it with Sean and I was waiting at Cooktown for them. Watching that massive crowd of cyclists riding in was just overwhelming. I had to be part of it.

“To me, it looked like ‘All Creatures Great and Small’. There are all sorts of people on all sorts of bikes and it just brings so many people together,” Mrs McGuinness said. “Everyone is just delirious with happiness when they ride in, it’s such a fabulous achievement and often it’s something that many people never thought they could do.”

There was so much excitement

among our neighbours there was even a street party the first time Sean rode the event with his friend Warwick, to “welcome the heroes home”. “But this story is not unique to us, it’s the Cardiac story. You meet amazing people who you might not otherwise. It’s my favourite cycling event of the year. The whole weekend has a spirit of its own, it feels very special, the organisation is great, and everybody has a great time.”

Sean concurs. “It’s an amazing event, raising money for fantastic services for the far north community. Many of my friends have come from this cycling community. Cardiac Challenge is almost a movement of its own.”

“It’s actually an amazing hospital and it’s made even better because of the community it’s in.”

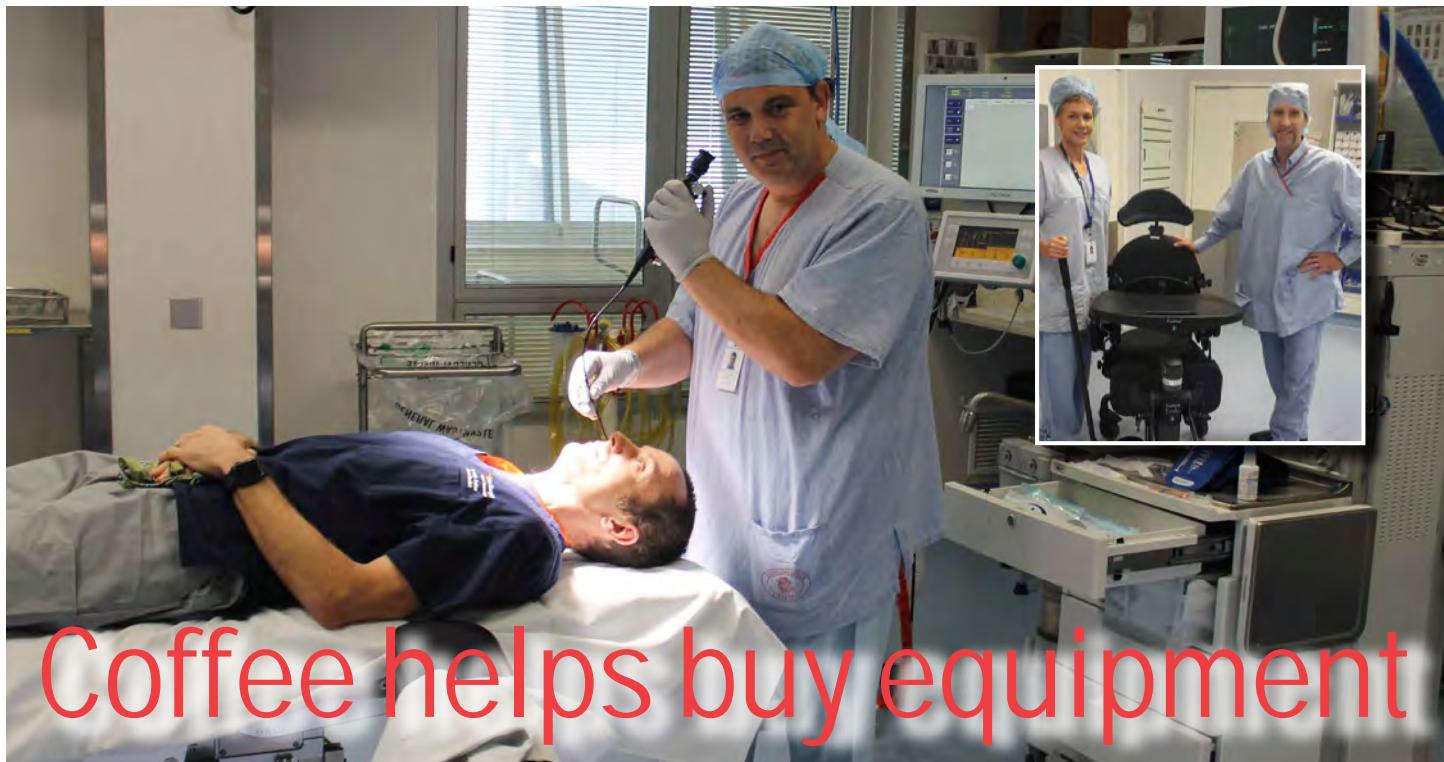
So dedicated are the pair, that they are now both pack leaders in

the event. Sean has been a pack leader for several years, and Mary braved the role of pack leader last year for the first time.

Foundation fundraising and marketing manager Glenys Duncombe, who co-ordinates the event, says stories like Sean and Mary’s were not unusual.

“We know this event changes lives, not just in the funds that it raises, but also in the fact it changes the lives of participants, supporters and volunteers,” Ms Duncombe said. Many participants attend the Sea Breeze Café Sunday morning rides, all abilities welcome, including people who have not registered to do Cardiac Challenge.

\*The Mount Franklin Cardiac Challenge is from September 16-18, riding from Cairns to Cooktown. Registrations for 2017 close on July 31. Visit [www.cardiacchallenge.org.au](http://www.cardiacchallenge.org.au).



# Coffee helps buy equipment

CUPS of coffee and carparking at Cairns Hospital have helped fund more than \$101,000 worth of equipment that has been handed over this week.

Far North Queensland Hospital Foundation CEO Tony Franz said the equipment was bought partially through donations and partially through the Foundation's commercial operations. "All the profit from our carpark and two cafes goes towards improving patient outcomes. All our costs are covered by our commercial operations which means we can provide more than \$1 million each year to improve patient outcomes," Mr Franz said.

The equipment includes an ultrasound for anaesthetics valued at \$74,800, physiotherapy equipment worth \$9693, a spirometer for paediatrics worth \$2530 and a nasal pharangeal scope for thoracics worth \$14,363.

Cairns Hospital senior staff specialist anaesthetist Dr Andy Potter said ultrasound technology at the bedside helps anaesthetists perform many important bedside tests and procedures. "These procedures may include local anaesthetic injections being placed accurately around specific nerves to improve pain relief and comfort during and following surgery, the placement of drips especially in children, and detailed monitoring of the patient's heart and lung function," Dr Potter said.

"The anaesthetists at Cairns Hospital are extremely grateful to the Hospital Foundation and all in the community who have donated and contributed to the work of the Foundation for providing us with the latest ultrasound technology."

Cairns Hospital Rehabilitation Physiotherapy acting

Director Kere Donald said the Easystand was used on patients with neurological injuries such as stroke, head injury and spinal cord injury of any age. "The Easystand standing frame will enable patients who are more dependent, achieve standing earlier in their recovery and maintain standing for long periods of time," Ms Donald said.

Cairns Hospital clinical director of paediatrics Dr Neil Archer said his department was "exceptionally grateful" for the community and Foundation's support in buying the spirometer.

"It is of great importance for us in helping to manage children with chronic respiratory problems such as chronic asthma, bronchiectasis or cystic fibrosis where there may be changes to those volumes of air and obstruction to the flow. As such we can monitor their progress and assess the impact of interventions or any new treatments. The program includes some visual animation 'incentives' such as blowing out candles (or my favourite of a monkey trying to swing on a vine to grab some bananas) that helps children learn and maintain their technique as well as a database to keep a long term record of their results," Dr Archer said.

Respiratory physician Dr Stephen Vincent said the nasal laryngeal portable fibrescope was invaluable for evaluating people with unexplained coughing and breathlessness. The equipment, worth more than \$14,000, also was important for assessing vocal cords. "From a respiratory point of view, this will probably be used daily – it will help reduce waiting lists and make for more efficient diagnosis of unexplained respiratory conditions," Dr Vincent said.

# Campaign makes a difference

BUSINESS people sitting in wheelchairs have made a difference to the lives of sick children in Cairns Hospital.

The annual Give Me 5 For Kids campaign, held in conjunction with Southern Cross Austereo, last year provided almost \$17,000 worth of equipment that has just been handed over.

An i-STAT blood analyser worth almost \$11,000 and a sofa bed for parents worth almost \$6000, will make a big difference to the stay of children in hospital in Cairns, children's ward Nurse Unit Manager Caroline Witter said.

"The i-STAT machine performs blood analysis at the point of care.

"This means we can access results immediately in those acutely unwell patients, rather than send blood samples off to pathology for analysis," Ms Witter said.

"This will allow nursing and medical staff to have immediate access to blood results, enabling specific treatments to start immediately," she said.

The parent bed is to allow for one parent/carer to stay overnight with their child, as the staff practice family-centred care on the ward.

"It is fantastic that we are able to offer these parents a comfortable bed to sleep on so that they can remain with their child overnight.

"The paediatric and adolescent ward is very appreciative of the community who are fantastic in providing these children and young people with equipment so we continue to provide the best possible care to them," Ms Witter said.

Foundation CEO Tony Franz said the community's support of sick children in hospital was



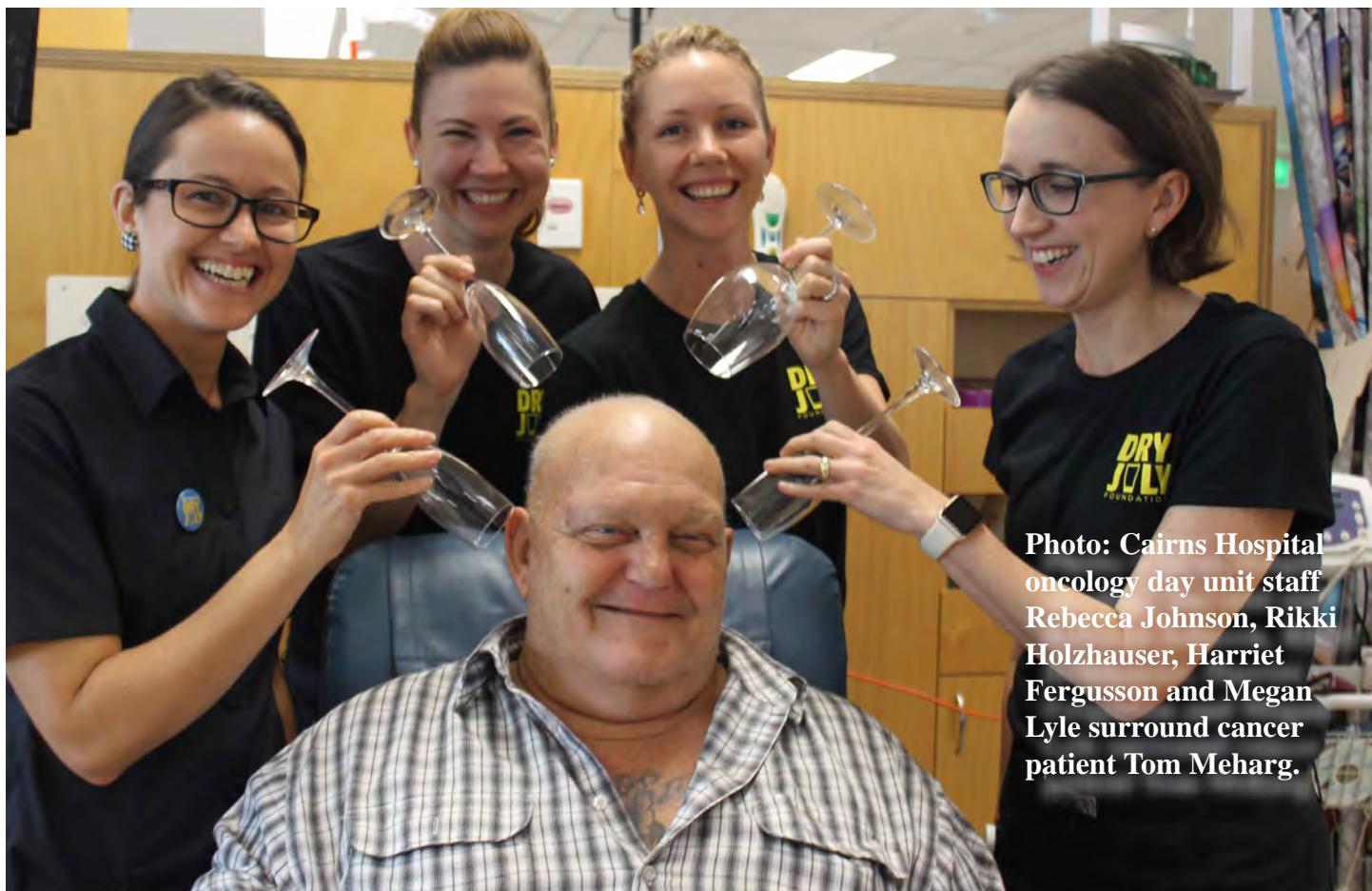
**Photo: Mark and Juanita and Gina Hogan from Cairns 99.5 Triple M, help Cairns Hospital paediatric ward Nurse Unit Manager Caroline Witter relax in the new parent bed.**

always heart-warming.

"It's a sad fact of life that we might all need the services of Cairns Hospital at some point, so it is wonderful to see the business community coming together to support others – you never know, one day it might be your child or grandchild in hospital and we can

all make a difference," Mr Franz said.

Give Me 5 For Kids was held in Cairns in June with Cairns On A Fork, a family fun day at Tobruk Pool, and the Premiere of *Cars 3* at Birch Carroll and Coyle, Stockland Earlville.



**Photo: Cairns Hospital oncology day unit staff Rebecca Johnson, Rikki Holzhauser, Harriet Fergusson and Megan Lyle surround cancer patient Tom Meharg.**

# Booze free for a good cause

REBECCA Johnson and her team know more than most, the benefit that fundraising has on cancer treatment.

She is the acting Nurse Unit Manager of the Oncology Day Unit at Cairns Hospital and every day she uses equipment that members of the public have fundraised for.

It's for this reason that she and some of her colleagues have signed up for Dry July 2017, raising funds for cancer equipment in the Far North.

"Our patients are the lucky recipients of the equipment that people fundraise for and we see firsthand the difference some of that equipment makes," Ms Johnson said.

Not only that, all four who have signed up for Dry July – two nurses, a medical oncologist and a physiotherapist, have all been personally affected by cancer in some way.

"Everyone in the community is affected by cancer in some way. Yes, not having a drink for a month will be hard, but it's a very small sacrifice for us to make, compared to what many people going through treatment endure," Ms Johnson said.

This year, fundraising from Dry July will go towards a PhysioTouch device to help manage oncology patients with lymphoedema, post-surgical scars and

post-radiation fibrosis and pain.

Far North Queensland Hospital Foundation fundraising and events co-ordinator Lindsay McDonnell said she was delighted that the Cairns Hospital staff had decided to participate in Dry July.

"They really are a pro-active and positive team here in Oncology. By giving up alcohol for a month, Rebecca and her team are really going to make a big difference to our local cancer patients," Mrs McDonnell said.

Since 2013, Dry July has raised more than \$105,000 to help cancer patients at Cairns Hospital. This money has bought vital medical equipment such as chemotherapy pumps, which deliver medication while allowing a patient to be mobile, and other items that are essential to our patients' comfort, like the chemotherapy chairs used for day oncology.

For information, to donate or volunteer for the Foundation visit [www.fnqhf.org.au](http://www.fnqhf.org.au) and to sign up to Dry July visit [https://www.dryjuly.com/users/sign\\_up?beneficiary=farnorthqueenslandhospitalfoundation](https://www.dryjuly.com/users/sign_up?beneficiary=farnorthqueenslandhospitalfoundation).

**Photo: Cairns Hospital oncology day unit staff Rebecca Johnson, Rikki Holzhauser, Harriet Fergusson and Megan Lyle surround cancer patient Tom Meharg.**

# Special quilts made

NONE of us like to think about death and dying, but for a special group of people at the Cairns Hospital, it is part of their daily work.

Mortuary Attendants Kerrie Cameron and Lucille Craig often prepare loved ones, who have died, for their families to view, as part of their regular daily duties.

“We do set up for a lot of viewings here at the Hospital and up until now only had standard Hospital quilts to utilize. We just wanted to be able to present people as nicely as possible for their families.” Ms Cameron said.

“No one likes to come down to the Mortuary, but we try and make it as nice an environment for them as we can. We had an idea to improve the appearance of our viewing beds and thought the fantastic craft ladies, who work with the Hospital Foundation, may be interested in our idea.” Ms Craig said

So contact was made with the Far North Queensland Hospital Foundation volunteer manager Anne Chirio. Ms Chirio in turn asked regular “craft lady” volunteer Betty Rodney if she would like to make some quilts for Mortuary viewings.

Mrs Rodney said she has been

making quilts for at least 20 years, including for the past 16 years for the Foundation.

“I was quite honoured actually and I was very surprised by how appreciative the staff were of them. My mother lost several children and I know she would have been proud of me,” Mrs Rodney said.

Ms Chirio said the Foundation has a group of wonderful volunteers who make memory blankets for birth suite at Cairns Hospital. “These new bereavement blankets are made on a similar basis as the quilts, but very small so parents can wrap their baby in it after a baby has passed away. Some parents bury their little one in the blanket, others keep it as a keepsake,” Ms Chirio said.

“Not everyone felt comfortable with the process of the blankets being used in the mortuary, but I personally felt it was a real honour for the Foundation to be asked if we could help.

“Betty makes the most beautiful children’s clothes for our weekly craft stall and when I asked her if she may be interested in helping, I knew I had struck gold,” Ms Chirio said.



## Gifts in wills

EVERY day, Far North Queensland residents benefit from health equipment and expertise funded by the Far North Queensland Hospital Foundation.

All funds raised by the Foundation are spent on providing better health care services for people who live in this region.

A bequest to the Foundation will help us to continue improving the health prospects of your community and other communities in the Far North.

Many people mistakenly believe only wealthy people leave money to a charity. In fact, most gifts in wills are made by ordinary Australians, who want to make a difference.

No matter how small, every sum donated to the Foundation is appreciated and put to good use. Every dollar counts.

The Foundation and its staff and volunteers work hard to improve health care facilities throughout the region,

When you are writing or updating your will, please consider leaving something to the Far North Queensland Hospital Foundation.





## Beef Ragout with pasta

### What you need

500g beef brisket or beef cheeks cut into six pieces, plain flour, 1 tbspn salt, 2 tbspn smoked paprika, 30ml extra virgin olive oil, 1 brown onion thickly sliced, 1 stick of chopped celery, 2 chopped carrots, 3 cloves garlic, 2 tbspn dried oregano, 125ml dry red wine, 250ml beef stock, 250ml water, 1 x 400g can chopped tomatoes, 2 bay leaves, 2 tbspn tomato paste, 1 tbspn castor sugar, 200g rigatoni pasta, sea salt and cracked black pepper, half cup basil leaves, finely grated parmesan.

### Method

1. Preheat oven to 180°C. Dust beef in flour, salt and paprika, shaking to remove excess. Heat 2 tbspns oil in a heavy-based saucepan over high heat. Cook beef for 2–3 minutes each side or until browned. Remove from pan and set aside.

2. Reduce heat to low, add remaining oil, onion, celery, carrot, garlic and oregano and cook for 6–8 minutes or until softened. Increase heat to high. Add wine and cook, scraping bottom of the pan, for 2–3 minutes or until liquid halves. Add stock, water, tomatoes, bay leaves, tomato paste and sugar. Return beef to pan, cover with a tight-fitting lid, transfer to the oven and roast for two hours.

3. Remove lid and roast for a further 30 minutes. Remove beef from the pan and shred meat using 2 forks, discarding any fat. Return meat to the sauce and mix to combine.

4. Cook pasta in a large saucepan of salted boiling water for 10–12 minutes or until al dente. Drain, return to pan with the beef sauce, salt, pepper and toss to combine. Top with basil and sprinkle with parmesan to serve. Serves 4–6.

## We need you ...



VOLUNTEERS are getting excited about wrapping thousands of Christmas presents during December this year.

The Far North Queensland Hospital Foundation is looking for volunteers to help wrap presents at Cairns Central.

Foundation volunteer manager Anne Chirio said almost five kilometres of wrapping paper is used during the annual fundraiser.

“In the month leading up to Christmas, 476 volunteers work hard wrapping thousands of odd-shaped presents for a gold coin donation,” Ms Chirio said. To volunteer for Christmas Wrap, the hospital or our events, telephone Ms Chirio on 4226 8993.

- 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     Innisfail
- Yes, please send me more information:
- Fundraising     In Memoriam     Gift in Will Services

**Phone for more info:** PO Box 957 Cairns Queensland 4870  
**P:** 07 4226 6553 **F:** 07 4226 6663 **E:** [fundraising@fnqhf.org.au](mailto:fundraising@fnqhf.org.au)  
**W:** [www.fnqhf.org.au](http://www.fnqhf.org.au)

- Yes, I would like to help the Hospital Foundation with a donation of

\$  .

### PAYMENT METHOD

Visa     Mastercard     Cheque

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

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



Signature \_\_\_\_\_

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

Name \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

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