



QSuper signs up

CYCLISTS in this year's Cardiac Challenge will be supported by Queensland's largest super fund.

The Far North Queensland Hospital Foundation is announcing that the fundraising ride for 2020, has proudly partnered with QSuper.

Foundation CEO Tony Williamson said, "It is a natural fit for the two organisations to work closely together, QSuper shares our Queensland trusted values."

"QSuper has actually supported the ride for the past few years and we're excited to welcome them as naming rights sponsors for 2020. Funds raised in 2019 helped support health care services in improving the quality of care provided in our regional Queensland communities," Mr

Williamson said.

QSuper Regional Business Development Manager Rhonda Coghlan has completed the ride every year since 2016 and said, "By supporting our healthcare community, we're helping to ensure they continue to provide quality emergency and primary healthcare services for our members, and all Queenslanders."

"For me, it actually started when a girlfriend and I decided to tackle it together. It's become such a huge part of my life in the connections with the community, and of course seeing the incredible difference it makes in our local community" Mrs Coghlan said.

"Everyone knows someone here who has been through the cardiac

unit and when we ride our bikes, we're doing it knowing that we're supporting our own community," she said. "For over 100 years, QSuper has looked after the people who look after Queensland, helping Queenslanders reach their retirement goals and feel good about their future.

"In doing so, QSuper has grown to become one of Australia's largest super funds operating solely for the benefit of its members.

"QSuper is proud to partner with the Far North Queensland Hospital Foundation and support this year's Cardiac Challenge," she said.

This year's event is scheduled for be September 19-21 and registrations are open at www.cardiacchallenge.com.au

SEPTEMBER 19-21, 2020



Cycle from Cairns to Cooktown and help raise funds for cardiac services in Far North Queensland

REGISTER TODAY

or for more information

www.cardiacchallenge.com.au

EARLY BIRD REGISTRATION



Help us reach our 2020 target



www.fnqhf.org.au

QSuper

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It has never been more affordable to ride a New Bike on the QSuper Cardiac Challenge!

MAKE 2020 YOUR YEAR!

**Photo: Cairns Hospital
Special Care Nursery
Nurse Unit Manager
Jonelle Mayers,
Foundation CEO Tony
Williamson and Cairns
Pregnancy and Baby
Expo organiser Alison
Cupitt meet with baby
Reegan, who was using
a cosytherm.**



PRECIOUS neonatal babies in Cairns can put more energy into growing, rather than keeping warm, thanks to generous community support.

Two Cosytherm mattresses have been bought by the Far North Queensland Hospital Foundation, thanks to generous donations from the Cairns Pregnancy and Baby Expo.

Cairns Hospital Special Care Nursery Nurse Unit Manager Jonelle Mayers said babies can use a lot of energy trying to maintain their body temperature but the new mattresses do that for them.

“That means they can put more energy into growing, which

ultimately helps them grow more quickly so we can discharge them home to their beautiful families,” Mrs Mayers said.

“The Cosytherm creates a warm environment for a newborn in an open cot. Parents love the fact that their baby is more accessible in the open cot and nurses love it because they can keep a baby warm safely without having to place them in an isolette. It is a very family friendly way to keep a baby warm with easy access for parents,” she said.

Cairns Pregnancy and Baby Expo organiser Alison Cupitt was thrilled to see the Cosytherms in action, as a result of the last three years’ events.

“As a former paediatrician myself, I know what a difference these make and it is truly wonderful to see the results of all our hard work, helping out these tiny babies,” Ms Cupitt said.

Cairns Hospital’s Special Care Nursery admits babies that are more than 1000 grams, or 28 weeks’, and accepts more than 1000 admissions a year.

Babies can transition to normal open cots once they reach 1500 grams, with all other factors being considered.

The 2020 Cairns Pregnancy and Baby Expo was held on Sunday, February 23, at the Cairns Pullman International.

Far North Queensland Hospital Foundation

Ph: 4226 6553

PO Box 957

CAIRNS Q 4870

www.fnqhf.org.au

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JOIN THE FIGHT AGAINST COVID-19

TOGETHER WE CAN MAKE A DIFFERENCE

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April 2020

An open letter from the Far North Queensland Hospital Foundation

YOU can make a difference to OUR community.

Hospitals within the Cairns and Hinterland Hospital and Health Service are well prepared for COVID-19. However Cairns Hospital along with the Mossman, Mareeba, Atherton, Yarrabah, Babinda, Innisfail and Tully hospitals have identified that there is extra equipment that will help them better care for an expected influx of patients with COVID-19.

While the State Government has provided significant funding, community funding can provide additional medical and intensive care equipment that will have far reaching benefits to all in the Far North.

Delivering this list of urgent equipment will help ensure we have the best care possible for our communities.

If you have the capacity, we're fundraising right now.

We are committed to ensuring everyone in this region has access to the best possible health care and equipment at our local hospitals.

Please call our fundraising office on **4226 6327** now or donate online at www.fnqhf.org.au/coronavirus

Thank you for your support and compassion.



Dr Ken Chapman
Chairman
M 0438 355 821



Tony Williamson
Chief Executive Officer
M 0407 161 626

Far North Queensland Hospital Foundation

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fundraising@fnqhf.org.au | www.fnqhf.org.au


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for a healthier north

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Weipa joins the fold

HEALTH services in the Weipa community will receive even more support, now that a Friends of the Foundation group has been formed.

Known as the Weipa Friends of the Foundation, the group will fundraise locally, with all funds raised supporting the Weipa Multipurpose Health Service.

Coming under the umbrella of the Far North Queensland Hospital Foundation, the Weipa Friends group launched with the reopening of the Weipa Hospital playground.

Torres and Cape Western Director of Nursing Naomi Gallagher said they were thrilled to launch the Friends group, with the reopening of the Weipa Hospital playground.

"Thanks to a generous donation from the Foundation, we've been able to replace the playground softfall which means we can reopen it for children to use," Mrs

Gallagher said.

"Our playground is a fantastic place for children and families. Sometimes children who come to hospital as patients or family members of patients just need that time to run around and use up some energy so to be able to reopen it, is a wonderful asset for the community," she said.

"We're really looking forward to seeing the Weipa Friends group develop because it's an opportunity to provide new equipment and services for the whole community to benefit from."

Weipa Friends president Jolene Bray said they were excited to announce the Weipa Friends group.

"Friends of the Foundation is a set of volunteers supporting the Far North Queensland Hospital Foundation to raise awareness and funds for their local hospital and



health services," Miss Bray said.

"Our vision is to increase capacity at the Weipa and surrounding health services. With the support of the local communities, we will be able to help expand the services available," she said.

Foundation fundraising and marketing manager Glenys Duncombe said she was delighted to welcome the Weipa Friends group to the family.

Mareeba service starts

LAURIE Tracona's gift to the Mareeba Friends of the Foundation, mean his legacy will be remembered forever.

His \$100,000 bequest to the Foundation means they have raised enough to buy endoscopy equipment to provide a new service to the community.

Mareeba Friends chair Ida Portella said she had known Laurie her whole life and his gift meant he would always be remembered for the gift of the incredible equipment, he had helped provide.

"This is our largest single donation to date and together with a \$50,000 grant from Bendigo Bank which is the largest we have received from them, the auction proceeds from the Mareeba Fruit and Vegetable Growers dinner, and some other donations, we have

enough to buy this equipment," Ms Portella said.

"This money came from an amazing man and it's because of him that we now have enough to finalise this purchase and buy the equipment," she said.

"The Mareeba Friends group actually started as a result of a donation from his mum so it's a beautiful gift and legacy to the community."

Mareeba Hospital Medical Superintendent Dr Nikki Patching said the new endoscopy service would be up and running next week and allow the hospital to test residents for gastrointestinal tract diseases and tumours.

"By providing endoscopic services locally, we will be able to treat more patients within clinically recommended timeframes and



meet increasing future demand for endoscopic services," Dr Patching said.

The equipment purchase coincides with an upgrade to the Mareeba Hospital theatres to allow the new service to begin.

Photos: (Top) Executor Peter Apel, Tony Franz, Mareeba Friends of the Foundation members Angela Toppin, Maree Lopez, Stephen Gear and chair Ida Portella.



Donor finalises campaign

A NEW donor has come forward to finalise a fundraising campaign to bring endoscopy services in Far North Queensland, to a tertiary level.

The Far North Queensland Hospital Foundation's "Show us ya guts" campaign has now raised \$423,000 to bring a new service to the region's gastroenterology patients.

Foundation chairman Dr Ken Chapman said the new service would be able to diagnose and treat patients with disorders of the oesophagus and small intestine.

"What this new equipment does is bring a new service to the Far North that we didn't have before but we believe people here deserve it and now because of the community, they're going to get it," Dr Chapman said.

"This is really exciting for us because it means the community, through the Foundation, has now brought cardiology and gastroenterology to tertiary level and that's what we're all about," he said.

The campaign was brought to a conclusion with a large donation from Alex and Violetta Sekler, who had been watching the Foundation's work and made contact to find out how much was needed to reach the goal.

The couple have contributed to philanthropic causes around the world and as this is their new home, decided they wanted to help their new local

community. "We had been watching what the Foundation was doing, could see their work helps thousands of people, and we are fortunate enough to be able to help make a difference," Mrs Sekler said.

Cairns Hospital Director of Medicine Dr Peter Boyd said it was a longstanding dream to bring the unit to tertiary level. "All the staff are just so grateful for what the Foundation and the community has done to bring this to a reality. We had the clinicians, including a world-renowned expert, and now we have the equipment so it's very exciting for our patients who can be diagnosed and treated here without having to travel further afield," Dr Boyd said.

Other contributors to the campaign included the Leslie and Anne Mills' \$75,000 gift in honour of her brother Charlie Woodward, an anonymous donor who contributed \$47,000, Lyn Seles, Trinity Accountants, Brilliant Technologies, Chapman Foundation, Northern Frontier Foundation, BDO North Queensland and Rotary Club of Cairns West. Events that contributed include the Wayne Leonard's Motorcycle Muster with \$63,000, CBA Golf Day, Cairns Post Club, FNQHF Market Day and ANZ Golf Day.

Photo: Violetta Sekler and Dr Peter Boyd with some endoscopy equipment.

New equipment for Innisfail



NEW pieces of equipment have been donated to the Innisfail Hospital, improving the lives of patients at the emergency department.

The Innisfail Friends of the Hospital Foundation presented hospital staff with a Fisher and Paykel OptiFlow Nasal High Flow apparatus and Hamilton-T1 Ventilator last week.

The Optiflow device delivers high-flow nasal cannular air/oxygen blends to patients, allowing comfort for pain and increasing tolerance to therapy.

Coming under the umbrella of the Far North Queensland Hospital Foundation, the Innisfail Friends group is very active fundraising within the local community.

Innisfail Hospital nursing services director Lesley Harris said the device was commonly used on patients suffering respiratory failure, particularly in the emergency department.

She said the OptiFlow would make a massive difference to patient care as it was non-invasive, compared to intubating a patient which also changes the whole patient management regimen.

The other device, a Hamilton-T1 ventilator, is a portable life system support with a fully-featured intensive care unit ventilator.

Ms Harris said it was primarily for use in the maternity section to assist with neonatal babies.

“Up until now, we’ve had to use other methods of continuous ventilation on neonates, but having the ventilator will free up staff to continue providing critical care,” Ms Harris said.

“On occasions, we have to wait quite some time for

patients to be retrieved, and that can be a long time for staff to be manually working keeping a patient’s airway ventilated, rather than working on other aspects of their care.”

Last year was a big year for the Innisfail Friends of the Hospital Foundation.

The organisation has been inundated with generous donations from a variety of groups – including Innisfail’s local businesses, other community groups and the Sarbat Da Bhala Charitable Club.

The group also donated six Gallay endoscope storage trolleys, two Masimo pulse oximeters, another Optiflow machine, a H-1200 fast flow fluid warmer and a vital sign monitor.

President Estelle Kopp said the Friends group was formed eight years ago in memory of a friend who died from cancer.

“We started with three people and now we’ve grown to 20,” Ms Kopp said.

“We’ve been doing a lot of work this year.”

So far, the group has donated 57 pieces of equipment to the hospital since it started.

To volunteer with the Foundation, visit their Facebook page, or call 0427 633 706.

Photo: Innisfail Hospital Midwifery Group practice midwife Jessica Crabtree, Maternity Unit Manager Alison Weatherstone, Innisfail Friends president Estelle Kopp, midwife Kaye, Friends treasurer Maria Vasicek and Registered Nurse Renee Arthur.



Ultrasound in use

A RESPIRATORY ultrasound funded by dedicated community members, is now in use by patients in the Far North.

Cairns Hospital respiratory physician Dr Stephen Vincent was thrilled to take delivery of the ultrasound which is the only one of its kind in FNQ, used to diagnose lung cancers and other respiratory conditions.

“The respiratory team is really excited to have this ultrasound now, which will enable real-time diagnostic and therapeutic intervention to respiratory and cancer patients at the bedside,” Dr Vincent said.

“This avoids delay as patients do not have to be booked into the medical imaging department and its images fully integrate with our electronic medical records, which means we can visually track a patient’s condition over time,” he said.

Purchased at a cost of \$71,000, the ultrasound was funded by cyclists in the 2019 Mt Franklin Cardiac Challenge, as well as individuals who dedicated donations in memory of their loved ones, to the cause.

Cec Allen was a long-time committee member of the Cardiac Challenge, but died of mesothelioma in July this year. His wife Mary Ann decided to devote donations in his memory, to the equipment and his son Paul was able to be present to see the equipment handed over.

Peter and Trisha Sexton have been involved with the Cardiac Challenge since inception. They lost their son Lucas earlier this year, and also decided to dedicate donations made in his honour, to the

respiratory ultrasound. Mrs Sexton also has been hard at work fundraising through sausage sizzles and bake sales.

Far North Queensland Hospital Foundation Fundraising and Marketing Manager Glenys Duncombe said it was incredibly rewarding and heart warming to see the results of everyone’s hard work and commitment.

“We understand that the range of patients who will benefit from the ultrasound includes patients with pleural malignancies such as mesothelioma, metastatic lung, breast and colon cancers as diagnostic material can be obtained in a safe and timely manner,” Ms Duncombe said.

“Unfortunately, pleural malignancies are common and with the new equipment, the time spent in hospital will be reduced which is important, not only for the patients who travel vast distances from the Cape but also assists in running the hospital more efficiently. Also, certain pneumonias can be complicated by pleural infections; empyemas. This is a life-threatening condition and if not treated promptly patients conditions can deteriorate rapidly. The ultrasound will enable high resolution of the empyema and guide the insertion of a pleural drain to treat the empyema in a safe manner.” The ultrasound is a tertiary hospital level hospital device, matched by the large hospitals in Brisbane.

Photo: Foundation Fundraising and Marketing Manager Glenys Duncombe, Peter and Trisha Sexton.

New members join Board

WITH the new year now upon us, the Far North Queensland Hospital Foundation has announced new blood joining its board.

Robyn Boundy, Danae Jones and Joanne Parisi are joining chairman Dr Ken Chapman and fellow board members Pat Bailey, Professor John McBride, Adj Professor Eddy Strivens, John Andrejic, Steve Russell and Jodi Peters.

Dr Chapman said he was excited to welcome the new board members with the diverse skills they bring.

Mareeba's Mrs Boundy has been part of the Foundation for many years, in her role with the Mareeba Friends of the Foundation and also serves on the district executive of the patient quality and safety committee and chairs the Cairns and Hinterland Hospital and Health Service hub of the Community

Consultative Committee.

She also represents the Cairns and Hinterland Hospital and Health Service on Health Consumers Queensland.

"I feel very privileged to join the board of an organisation like the Foundation that assists with providing specialised equipment for new services to be established in our region," Mrs Boundy said.

Mrs Jones has a strong public relations and marketing background and said as a fourth generation Cairns local, she views enhancing health in the region very important as the region continues to grow.

"The Cairns Hospital is a critical piece of infrastructure for our city and the level of service and capacity to deliver is imperative to support our growing population," Mrs Jones said.



Mrs Parisi is a practice leader in the MacDonnells Law state-wide Dispute Resolution and Litigation Team and is excited to bring her legal background to the Foundation.

"By joining the Board, I hope to help the Foundation exceed its very admirable goals into the future of providing first class health care facilities to the Far North," Mrs Parisi said.

Photo: Danae Jones, interim CEO Tony Williamson, Joanne Parisi and Robyn Boundy.

Help for Herberton

THE tiny community of Herberton is throwing big support behind its hospital, now that a local Friends of the Hospital Foundation group is hard at work.

The Herberton Friends group was thrilled to raise almost \$1000 at a Christmas raffle, recently.

Friends president Lorraine Chidgey said all funds raised would be used to improve equipment and services at Herberton Hospital.

"In the past few months we funded, along with a generous donation from the Herberton Lioness Club, the regeneration and upgrade of the Herberton Hospital gardens, especially the sensory gardens visited by the residents," Mrs Chidgey said.

The Herberton Friends of the Foundation is eager to hear from any potential new members – both



male and female. Contact the committee on 0418 884 880.

Congratulations to the winners and a huge thanks to the generous businesses for supplying the gift vouchers.

The winning tickets were drawn by: Herberton Hospital Director of Nursing Deanne Hellsten at their Christmas morning tea on Monday, December 2.

First prize: gift vouchers from local and neighbouring businesses value \$350. Ticket: C01713 won

by Sharon Linwood.

Second prize: gift vouchers to the value of \$220. Ticket: C01803 won by Sally Dudley.

Third prize: gift vouchers to the value of \$110. Ticket: C01612 won by Kate Prout.

Photo: Deanne Hellsten, Director of Nursing, Herberton Hospital, volunteers: (left to right) Maureen Walker, Lorraine Chidgey, Pauline Norris, Sandra Knight and Pam Egan.



CELEBRATING: Dr Ben Reeves, Foundation CEO Tony Williamson, Dr Greg Starmer, Foundation fundraising and marketing manager Glenys Duncombe.

PATIENTS with heart disease in the Far North will be monitored with the latest technology, thanks to hundreds of cyclists riding to Cooktown in 2019.

A paediatric cardiac ultrasound worth \$93,000 and cardiac monitors worth \$150,000 have been purchased with funds raised from the 2019 Cardiac Challenge. In total, the 2019 event raised over \$318,000.

Cairns Hospital paediatric cardiologist Dr Ben Reeves said his new ultrasound was much lighter and easier to transport, particularly when he visits remote communities throughout the Far North.

“All the new one needs is a power point and we can get some fantastic imagery for monitoring child patients,” Dr Reeves said. He is the only paediatric cardiologist in north Queensland and his role is vital in diagnosing and treating Rheumatic Heart Disease and other cardiac conditions in children.

“I have already noticed a big improvement in the quality of images I can achieve with the new machine, which puts it really at the same level as my machine at Cairns Hospital. This means

children in remote communities get the same quality care as people in the big cities,” Dr Reeves said.

Cairns Hospital Director of Cardiology Dr Greg Starmer is equally thrilled with the 55 new ambulatory cardiac monitors purchased from the 2019 fundraising event.

While the Cairns and Hinterland Hospital and Health service had cardiac monitors before, the new ones integrate with digital technology, have a much smaller footprint, are very intuitive and extremely quick to obtain data from. “The previous monitors could take up to two hours to interpret the data we need, but the new ones take five or 10 minutes, which is great from an efficiency point of view,” Dr Starmer said.

Ambulatory cardiac monitors are used to diagnose patients with suspected arrhythmias and can be worn for up to seven days while a patient goes about their daily lives.

“These will be used not just in Cairns but throughout the Torres and Cape communities as well, which is wonderful for cardiac patients in those areas. It means we can look at the data and is less

of an imposition on their lives in terms of having to travel to Cairns for diagnosis,” he said. Dr Starmer was one of the Cardiac Maniacs who rode in the 2019 event.

The Far North Queensland Hospital Foundation is delighted to announce the fundraising ride for 2020 has proudly partnered with QSuper.

The QSuper Cardiac Challenge is a fundraising initiative of the Far North Queensland Hospital Foundation. Since inception 14 years ago, the Cardiac Challenge has raised almost \$3.5 million for cardiac services in the Far North. Foundation fundraising and marketing manager Glenys Duncombe was excited to see almost \$250,000 worth of equipment handed over to clinicians to help patients. “The QSuper Cardiac Challenge really is famous, not only for what people can achieve by riding their bikes, but by the difference it makes to people with heart disease in our region,” Ms Duncombe said.

The 2020 QSuper Cardiac Challenge will be September 19-21.

www.cardiacchallenge.com.au.



Bike boosts ICU patients

A SPECIAL bicycle that helps patients come off a ventilator at Cairns Hospital's intensive care unit (ICU), has been celebrated.

The motomed, bought by the Far North Queensland Hospital Foundation, had its first birthday recently, with staff excited to celebrate the outcomes it has produced for patients.

Cairns Hospital ICU senior physiotherapist Michelle Whap said the motomed bicycle had produced fabulous outcomes for many patients, many of whom had been ventilated and not even conscious.

"What it does, is enable staff to help patients who might be stuck in bed to start exercise. It helps lower limb strength building, improve the large muscles of the legs and help to move off a ventilator," Ms Whap said.

"Research shows that by improving quadricep and glute strength, it can actually improve the muscles of respiration as well, which leads to improved weaning (from a ventilator). The motomed also helps to put that exercise ability to assist functional ways of moving like sitting and standing, moving into a chair and having a shower.

Foundation fundraising and marketing manager Glenys Duncombe was thrilled with the machine's purchase at a cost of \$20,000. "I remember seeing this when it was on trial and the patient it was used on was a triathlete and had loved cycling."

Photo: ICU Senior physiotherapist Michelle Whap, ICU Equipment Clinical Nurse Peter Aitken, Physiotherapist Sarah Horsley, Physiotherapist Michael Krisanski, Cairns Hospital Senior Hours Officer Dr Rachael Murray, Cairns Hospital registrar Dr Jim Coldham.

Cafe Chat



1. Name: Tuanna Mirri

2. Age: 63

3. Have you always lived in FNQ? If not, where did you come from and how long have you been here: I was born in Rarotonga in the Cook Islands, lived for many years in New Zealand, went back to Rarotonga and moved to Cairns in 1995.

4. Role: Cafe chef

5. How long have you been working with us: Just over two years.

6. How did you come to be working with us: There was a change of ownership of the place I was working, so I dropped my resume off at Sea Breeze Cafe, and I was driving to Edmonton to go to the pub. I got the phone call from Steve to come in for an interview, so I turned the car around and came straight in, the rest is history.

7. Star sign: Aries

8. Interest, hobbies, past-times: I love rugby, tennis, volleyball, fishing and planting in my garden

9. Tell us about your family – kids, grandkids, great grandkids? I have three children and seven beautiful grannies.

11. What do you enjoy about working with us? That I get to be creative and make beautiful food for people to eat.



WELL known Cairns business dynamo Tony Williamson is bringing his energetic expertise to the Far North Queensland Hospital Foundation.

Mr Williamson has joined the Foundation as interim CEO, after Tony Franz resigned, wishing to explore new opportunities.

With his extensive background in local business, both in real estate and accounting, Mr Williamson said he was eager to step in and assist the Foundation in its great work, since the sale of RE/MAX Real Estate Cairns in October 2019.

Foundation chairman Dr Ken Chapman said the Foundation board wished Mr Franz well and thanked him for his almost 16 years of dedicated service. "In his time as CEO, the Foundation has developed

into the region's leading charity making a major contribution to health care across the North," Dr Chapman said.

Mr Williamson said he was excited to help steer the Foundation into its next phase of development and growth.

"I have always been a supporter of the Foundation and being a proud Cairns local, I am happy to give back to the community."

Having recently been named a Fellow of the Australian Institute of Company Directors, Mr Williamson will continue his roles as a consultant to RE/MAX Cairns, Non-Executive Director of Qld Country Credit Union and as the Chairman of the Kenfrost Homes Northern Pride Rugby League Team.

Crafty ladies raise funds

INCREDIBLE, is one of many words used by the Far North Queensland Hospital Foundation's new CEO, to describe the organisation's work.

Tony Williamson has spent the past few weeks settling in to the role and this week, took the opportunity to spend some time with chairman Dr Ken Chapman, at various sites around the hospital.

"Really, the business model of the Foundation is incredible – all the profits from the cafes and carpark, cover staff wages and other costs which means every cent

donated goes where it should," Mr Williamson said.

"This is almost unheard of in the charity sector so it's a real privilege to be involved with an organisation where you can shout that from the rooftops," he said.

Dr Chapman spent time at Cairns Hospital with Mr Williamson recently, including checking out some of the home-made wares produced and sold by volunteers.

"These lovely little items might not seem like a lot on the surface, but in the past five years, the Craft Ladies have raised a staggering



\$124,705," Dr Chapman said.

"In 2019 they held 40 craft stalls at Cairns Hospital, a Christmas stall and the crafts are also sold at the information desk," he said.

Photo: Foundation CEO Tony Williamson, volunteers Bev Lang, Jan Holmes, Lee Oastler and chairman Dr Ken Chapman.

Vollie Q&A



- 1. Name:** Ed Diniz
- 2. Age:** 61
- 3. Have you always lived in FNQ? If not, where did you come from and how long have you been here:** Born in Portugal, moved in Perth in 1985, Adelaide in 1992 and Cairns in 2005.
- 4. Volunteer role:** Cafe assistant, anywhere else I am required.
- 5. How long have you been volunteering with us:** 14 months.
- 6. How did you come to start volunteering with us:** I owe my life twice to Cairns Hospital. The rest of my time and effort will be dedicated to it.
- 7. Star sign:** Cusp - Cancer/Leo
- 8. Interest, hobbies, past-times:** Reading, movies, walks
- 9. Tell us about your family – kids, grandkids, great grandkids?** Four children, seven grandchildren, two on the way.
- 10. Are you retired? If so, what did you do before leaving the workforce?** Yes, I am retired. My working life was spent in hospitality.
- 11. What do you enjoy about volunteering with us?** The chance to contribute to a more efficient health system to benefit the community.



Researcher feature

- 1. Name:** Tom Swan
- 2. Where and in what position are you working?** Cairns. PhD candidate at James Cook University
- 3. Tell us which grant you received and how you are going to use it?** \$25,000 grant. This grant will be used to conduct field work in the Torres Strait catching the Asian tiger mosquito (*Aedes albopictus*). This is a highly invasive mosquito and capable of transmitting dengue virus. In Australia, this mosquito is restricted to the Torres Strait. Two main aims of my project are: (1) Testing novel mosquito sound traps against the Asian tiger mosquito, (2) DNA sequencing of the Asian tiger mosquito to better understand its genetic background (i.e. insecticide resistance profile).
- 4. How did you come to be studying this particular field?** During my undergraduate studies in biology, I was fascinated in mosquitoes and the devastating impacts such a small insect has on societies. Upon taking a volunteer teaching trip with EcoCARE Pacific Trust to the Kingdom of Tonga in 2011, I found mosquitoes severely impacted peoples' way of life. I commenced a MSc at the University of Canterbury (NZ) researching mosquitoes in the Kingdom of Tonga, and discovered the Asian Tiger mosquito had spread rapidly throughout Tongatapu island since it was found in 2011. Recommendations of removing mosquito larval habitats (ie removing containers, rubbish, abandoned tyres) were put forward.
- 5. 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.

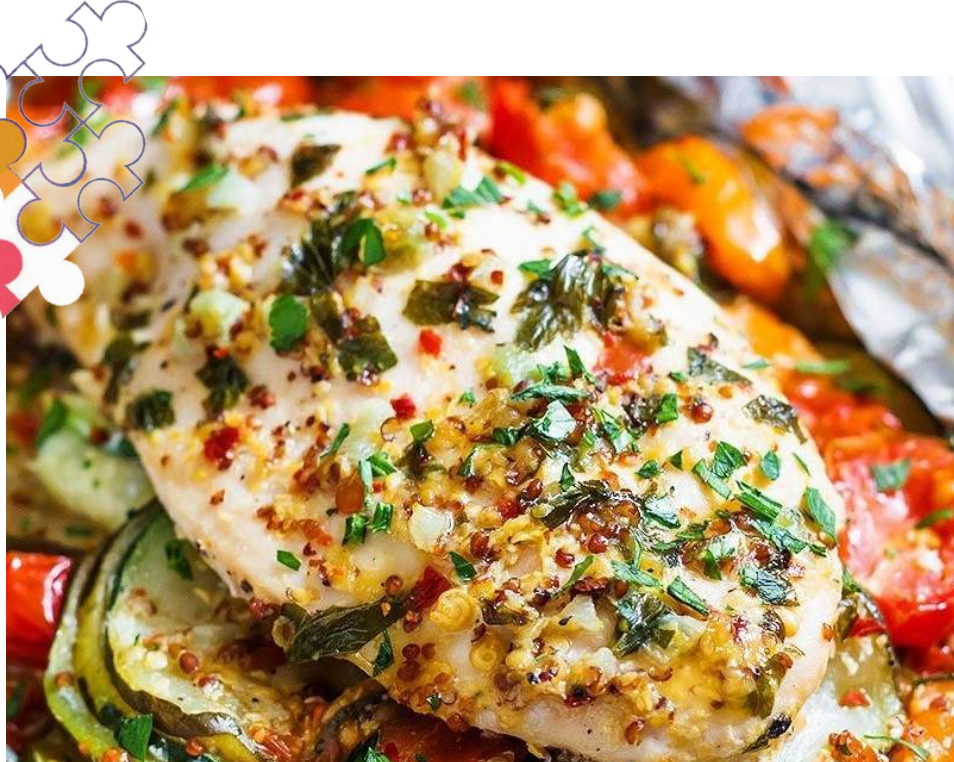
dcafe recipe

honey dijon chicken and vegetables foil packs

Jazzy chicken tenderloins in fruity sweet spiced sauce with fluffy couscous seasoned with mint roasted almond slivers and pomegranate seeds

What you need

2 boneless skinless chicken breasts; 3 tablespoons olive oil; 3 cloves minced garlic; Pinch salt and pepper; 1/4 cup honey (optional for low-carb, keto diet); 1 tablespoons whole grain Dijon mustard; chopped fresh parsley; crushed chilli pepper (optional); two small zucchini, sliced; 200gm cherry tomatoes, halved.



Method

1. Pre-heat your oven to 200°C Lay two 30×30 cm squares of foil on a flat surface. Place zucchini slices, tomatoes in the middle of each piece of foil. Season with salt and pepper, then top with each chicken fillet. Season chicken with salt and pepper, to taste.
2. In a small bowl, combine olive oil, minced garlic, mustard, and honey. Divide the sauce over

each chicken pack and sprinkle with crushed chili pepper and chopped parsley.

3. Fold the foil over the chicken and vegetables to close off the pack, pinch the ends together so the pack stays closed.

4. Transfer the packs to a baking sheet and bake for 20-25 minutes or until chicken is cooked through and veggies are tender. Serve immediately and open carefully. Enjoy with an additional touch of parsley.

Cancer patients' days brightened

PATIENTS undergoing chemotherapy treatment at the Liz Plummer Cancer Care Centre will have a brighter welcome thanks to community support.

Dawn Evans and financial advisor Matthew Parrish of Parrish Financial, this week visited the centre to inspect a mural now in place thanks to their donation to the Far North Queensland Hospital Foundation.

Together, their \$5000 donation was made in honour of Dawn's husband Graham, who passed away in 2018.

"Mr and Mrs Evans were both very grateful for the dedicated

care they received from the Liz Plummer Cancer Care Centre, and in appreciation Dawn wished to make a donation," Mr Parrish said.

Foundation CEO Tony Williamson thanked the pair for their support of the Liz Plummer Cancer Care Centre.

Centre nurse Hannah Pope said many patients enjoyed watching the mural be painted by artist Michelle Toohey.

"It became a real talking point for our patients and of course it means now we have this beautiful piece to help take their mind off what is happening in their lives for a moment," Ms Pope said.



Photo: Matthew Parrish, artist Michelle Toohey, Cancer Care Centre nurse Hannah Pope, Foundation CEO Tony Williamson and donor Dawn Evans.