



**We helped fix
hearts in FNQ**



These cardiac catheter laboratories have been jointly funded through a partnership between the Queensland Government and the Far North Queensland Hospital Foundation.



The many generous community donations include:

- Joyce Swinton in memory of Harry, Linda and Emma Harris
- Heic and Virginia Neghenzani and family
- Cairns Game Fishing Commemorative Association
- Joan Whyte

We also acknowledge the wonderful community support through:

- Cardiac Challenge
- The Power of Pallets
- Cairns Central Christmas Wrap

ISSUE 2, 2019

We helped fix hearts in FNQ

PEOPLE in Cairns now have even more cardiac care services after a new theatre was opened in October, thanks to investments from the Palaszczuk Government and the community.

Health Minister Steven Miles, Member for Cairns Michael Healy, Member for Mulgrave Curtis Pitt and Foundation chairman Dr Ken Chapman officially opened two new Cardiac Catheter Laboratories at the Cairns Hospital.

Mr Healy said the \$2.8 million project, jointly funded by the State Government and the Far North Queensland Hospital Foundation, would allow more than 600 cardiac patients to be seen next year.

“The community’s \$1.4 million in donations towards a second Cardiac Catheter Laboratory

is a testament to the support and love the people of Far North Queensland have for the Cairns Hospital and, with the State Government’s matching commitment, has enabled us to grow local services much sooner,” Mr Healy said.

“This new facility expands the hospital’s capacity to treat cardiac patients closer to home. It will mean a lot more patients are seen quicker and, in lots of cases, will mean they can avoid travelling to Townsville or Brisbane for treatment.”

Speaker of the Queensland Parliament and Member for Mulgrave Curtis Pitt said new services weren’t just life changing for patients but also meant more health jobs in the region.

“This new facility has employed 25 staff and 3 apprentices during its construction and now additional health staff, including a dedicated nurse unit manager and a new specialist.

“This government understands that health services are central to our regions which is why we are investing in regional healthcare. Thanks to the new Cath Lab and new frontline staff, Cairns can now deliver electrophysiology - specialised treatment for heart rhythm problems.”

Mr Miles said one in three Queensland deaths were from cardiovascular disease and last year there was a 10 per cent increase in the number of patients arriving at Queensland hospitals with a cardiac condition.

Upcoming Events

February 23, 2020 -
Cairns Pregnancy and Baby Expo
- cpbexpo@outlook.com

May 17, 2020 -
MG Arrow Experience
- www.arrowexperience.org.au

June - Give Me 5 For Kids

September 19-21, 2020 -
Mt Franklin Cardiac Challenge
- www.cardiacchallenge.com.au



Cardiac facility opens

From Page 1

Far North Queensland Hospital Foundation Board chairman Dr Ken Chapman said funds raised through the recent Cardiac Challenge would further enhance services for patients in the region.

“This year, we are aiming to purchase equipment including a portable ultrasound for paediatric cardiology,” Dr Chapman said.

Director of Cardiology Dr Greg Starmer said the cardiac team had already been able to double the number of patients receiving implantable devices, with the addition of electrophysiology specialist Dr Kevin Ng (pictured above) to the team.

“With a second Cardiac Catheter Laboratory now open, we can now provide specialist diagnosis and treatment of abnormal heart rhythms and prevent sudden death by implanting defibrillators, cardiac resynchronisation and ablation procedures,” he said.

“It also provides additional capacity for cardiac

angiograms and angioplasties, including acute heart attack patients.

“This new facility not only strengthens our ability to meet the needs of our patients by reducing travel and the length of hospital stays, it also enhances our research capacity and ability to attract and develop specialist clinicians, as we continue to work towards becoming a university hospital.”



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far north queensland
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Tough choice on Harley



SHOULD it stay or should it go?

Adrian Bolton has a tough decision to make – to keep or sell the new Harley-Davidson he won on the 2019 Wayne Leonard's Motorcycle Muster.

"I've already got a Harley, so I'm not sure if I should keep the new one, sell the old one, trade them both in on another one – it's a really tough decision," he laughed.

Adrian, 39, a tradesman moulder from Innisfail, was the third highest fundraiser on this year's event and was thrilled to win the fundraising prize.

In the 18 years the event has been held, the major raffle prize of a Harley-Davidson motorcycle has never been won by a participant in the room on the night it is drawn.

That is, until this year.

The 2019 event struck another milestone with \$63,000 raised – meaning in its 18 year history, it has raised more than \$1 million.

Funds raised at this year's Muster will go towards the Far North Queensland Hospital Foundation's endoscopy appeal.

Foundation fundraising and

marketing manager Glenys Duncombe said the night Adrian was announced as the winner, the room erupted in a huge roar of joy.

"It really was an incredible night, for someone in the room to actually win the bike – none of us could believe it," Ms Duncombe said.

Sponsors Wayne and Rhonda Leonard were thrilled on both counts – that the bike was won by a person who participated in the event, AND hitting the \$1 million milestone. "It really was a thrilling moment for everyone – Adrian's a great guy, he's been doing the ride for a few years now and it was lovely to see the bike go to a supporter," Mrs Leonard said.



Targets achieved

- * **\$1 million raised in 18 years**
- * **\$63,000 raised in 2019 event**
- * **Harley-Davidson winner in the room and a participant in this year's event.**

Huge milestones attained

MORE than \$3 million has been provided by the community to improve health care in FNQ, in 2018-2019.

This is the second largest annual contribution in the Far North Queensland Hospital Foundation's 22 year history and takes the Foundation's total grant funding contribution since inception, to more than \$19 million.

Foundation chairman Dr Ken Chapman (**pictured right**) said the largest component of the \$3 million, was \$1.4 million for the second cardiac catheter laboratory at Cairns Hospital.

The Foundation also bought a new surgical microscope for \$409,000 and campaigned and fundraised \$423,000 to bring endoscopy to tertiary status.

"The Foundation is unique in that our cafes, carpark and other commercial operations, fund all of our operating costs, and then some," Dr Chapman said.

"Not only are those profits funding our staff wages and expenses, but they also contribute to the purchase of equipment for the health service," he said.

"We commit to contributing \$1 million each year to improve health services in this region, and we are extremely proud to produce results like this – the results of our hard working café, fundraising and administration teams."

As well, the reach of the Foundation in providing the opportunity for local communities to fundraise locally, has grown.

"We now have Friends groups in Atherton, Cooktown, Cow Bay, Croydon, Gordonvale, Herberton, Innisfail, Mareeba, Mossman, Tully and now Weipa," Dr Chapman said.

The Foundation also funds local



research, including contributing more than \$200,000 this year towards education, research grants and some of the costs of a research officer.

"As the Cairns and Hinterland Hospital and Health Service moves towards becoming a tertiary hospital, our investment in research is vital and will continue to grow," Dr Chapman said.

RIGHT: Dan Elsdon rode in the 2019 Cardiac Challenge.

BELOW: Pauline Fieth fundraised for the 2019 Wayne Leonard's Motorcycle Muster.



\$317k
money raised

Cardiac CHALLENGE
CYCLING CAIRNS TO COOKTOWN
2019

THANK YOU
More than 240 Mount Franklin Cardiac Challenge riders, 100 supporters and 100 volunteers raised more than \$317,000 for cardiac services in Far North Queensland.

The Mount Franklin Cardiac Challenge would not be possible without the continued support from the following organisations:

MOUNT FRANKLIN
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fnqhf.org.au

far north queensland hospital foundation

Cardiac ride sets records

THE 2019 Mt Franklin Cardiac Challenge set some incredible records.

This year's event resulted in a whopping \$1200 raised per participant - which equated to \$317,000.

Hosted by the Far North Queensland Hospital Foundation, the ride from Cairns to Cooktown resulted in sufficient funds being raised for three items - a paediatric cardiac ultrasound and a respiratory ultrasound.

Foundation fundraising and marketing manager Glenys Duncombe said many participants had commented this was "the best year ever".

"It's just a combination of great support, great riders, great fundraising - and everyone can see where the funds are going," Ms

Duncombe said.

"We had some incredible fundraising this year with John Piccone raising \$25,000 on his own and the Cardiac Maniacs team raising almost \$50,000," she said.

"Even the people who raised their minimum of \$500 each, did an incredible job because every single cent adds up to making a difference and helping the clinicians (many of whom take part in the ride) achieve their goals of saving lives."

This year's ride camped at the Lakeland Hotel grounds on the second night of the journey, which set a beautiful atmosphere for the evening. "It was such a great location, having a cold beverage after a day on the road in the shade, on the lush lawns, everyone really enjoyed that," she said.

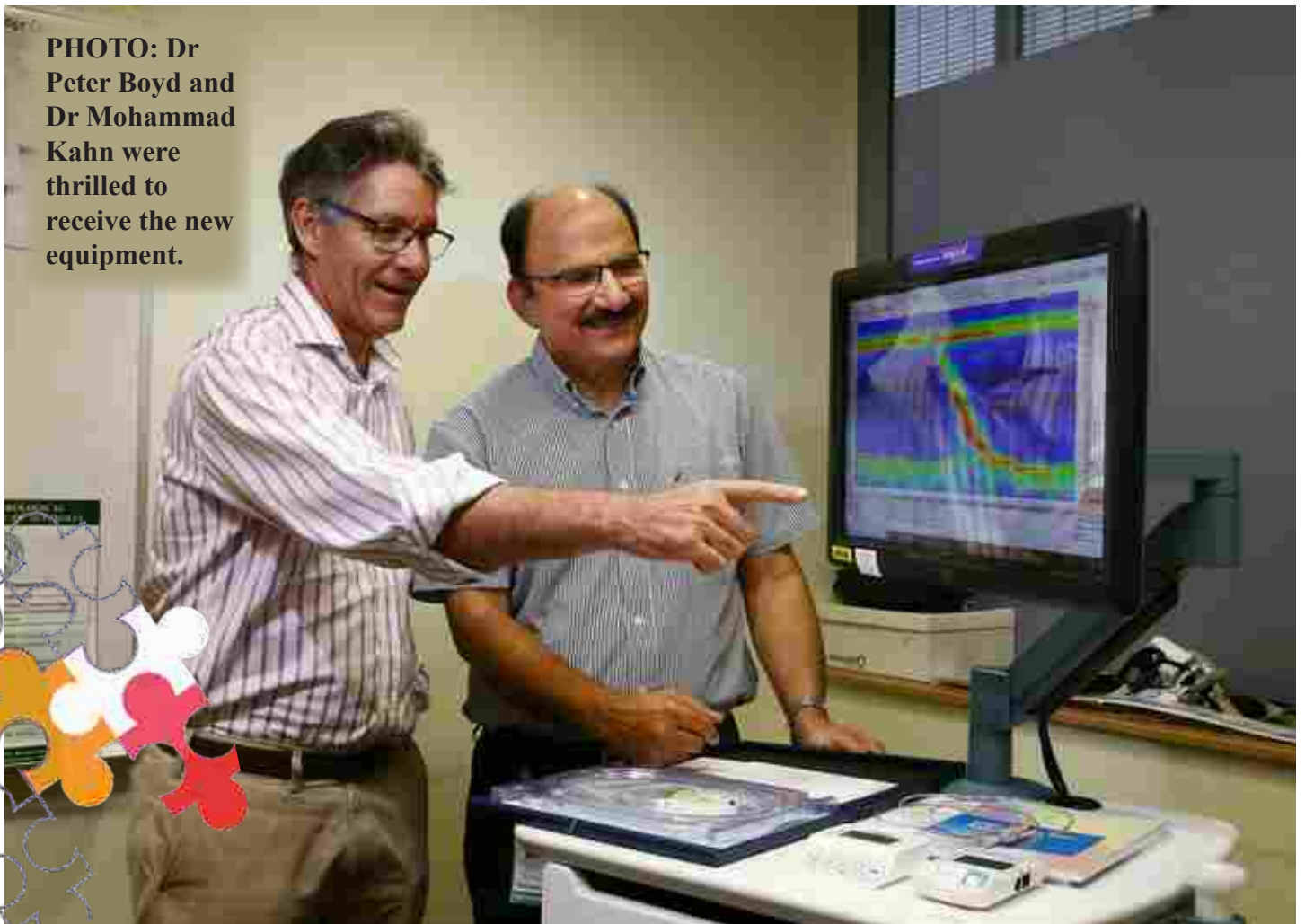


ABOVE: Derek Garner and Akemi Fukatsu.

BELOW: John Piccone and Rhonda Coghlan.



PHOTO: Dr Peter Boyd and Dr Mohammad Kahn were thrilled to receive the new equipment.



Oesophageal device arrives

CAIRNS patients needing oesophageal procedures no longer have to travel to Brisbane, thanks to an extremely generous community.

The Far North Queensland Hospital Foundation handed over \$122,000 worth of oesophageal equipment to the endoscopy team at Cairns Hospital.

Director of Medicine Dr Peter Boyd was ecstatic to receive the equipment.

“The Medtronic suppliers tell us that Cairns Hospital is the FIRST hospital outside Brisbane to start the ManoScan Service and Sunshine Coast University Hospital has the equipment but has not yet started procedures,” Dr Boyd said.

“This is really the fulfillment of a vision I’ve had for 25 years to

get our endoscopy service to this level and the whole team are really thrilled to bring this capability to patients in the Far North,” he said.

The oesophageal manometry equipment is one of five elements of the “Show us ya guts” campaign the Foundation has been working towards.

The equipment was predominantly funded by two donors – Leslie and Anne Mills, who donated \$75,000 in honour of Mrs Mills’ brother Charlie Woodward, and an anonymous donor who contributed \$47,000.

Foundation CEO Tony Franz said donors had brought \$20 notes or \$1005 in cash or donating online, which proved the campaign resonated with a lot of people.

Cairns Hospital will be the second public hospital in

Queensland offering wireless capsule-based pH testing, as a result of the new equipment.

The oesophageal equipment diagnoses patients with oesophagus motility disorders and cancers and achalasia of the oesophagus.

The “Show us ya guts” fundraising campaign was spearheaded by media identities from the *Cairns Post*, ABC Far North, Star 102.7FM and Classic Hits 4CA.

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

“We’d love to hear from anyone who would like to help bring more incredible equipment like this to Cairns, through a simple donation,” Mr Franz said.



Years of pain gone

THIRTY years of pain has ended for Palm Cove pensioner Rod Dewar, thanks to generous donations.

Mr Dewar, 70, was one of the first Cairns patients to be diagnosed thanks to new equipment provided by the Far North Queensland Hospital Foundation's "Show us ya guts" campaign.

Oesophageal manometry equipment valued at \$122,000 was bought in April courtesy of two significant donations to the Foundation. The equipment resulted in Mr Dewar being diagnosed with an oesophageal spasm – quickly and easily resolved with a daily tablet.

Cairns Hospital director of medicine Dr Peter Boyd said Mr Dewar was only recently referred to the hospital, but had a long history of undiagnosed chest pain.

Mr Dewar (pictured above with Dr Ken Chapman and Dr Mohammad Kahn) said the pain had been so bad, he had considered ending his life.

"It was like a burning, sharp knife. When I would swallow, the food would just stay there and ferment and I had this horrible pain," Mr Dewar said.

"This would wake me up at 3am with this pain like a knife being twisted in the chest, it was horrible. But with this new equipment they put a catheter down my nose and they could see what was going on. I'm on medication now and I can't remember feeling this good for years," he said.

"From the mental aspect, it was just horrible that they couldn't figure out what was wrong. I was on the verge of killing myself, so I'm thrilled they've got this equipment now."

Foundation chairman Dr Ken Chapman said funds from the inaugural market day, ANZ golf day, Phil Smith's Great Wheelbarrow Race, BDO Trivia Night, Cairns Club charity night and other private donations, had gone towards the campaign.

Arrow gear handed over

WALKING the hills of Mt Whitfield contributed \$60,000 towards new medical equipment at Cairns Hospital's Emergency Department.

In addition, the Far North Queensland Hospital Foundation, which hosted the Audi Arrow Experience, chipped in a further \$30,000 to provide new medical imaging equipment at the hospital.

Cairns Hospital Emergency Department clinical nurse consultant Evan Casella said the new equipment meant staff are able to provide safe, fast and high-quality care to patients, particularly when transporting unwell patients between emergency and other departments.

"The monitors represent the latest medical technology and allow staff to continuously monitor heart rate, heart rhythm, blood pressure and oxygen levels," Mr Casella said.

"Medical imaging monitors allow staff to view complex xrays and CT scans in much more detail than previously, leading to more accurate diagnosis," he said.

In 2017-2018, more than 71,000 people presented to the Emergency Department at Cairns Hospital for treatment.

On occasions the department's staff have cared for 250 patients in one day.

Foundation CEO Tony Franz said it was so rewarding to put months of work into a new event and see it produce results so quickly.

"When you think that the Foundation covers a population area from Tully to the islands of the Torres Strait, west to Croydon and even Weipa, for this Emergency Department to see 71,000 – that's equivalent to a quarter of the whole population of Far North Queensland," Mr Franz said.





Mossman steps up

THE Mossman and Port Douglas communities are increasingly coming together to support their local hospital.

The Port Douglas Crocs AFL Club and Mossman Bowls Club handed over a \$2200 cheque to be used to improve health services.

Club treasurer John Cameron said the funds were the result of gate takings at home and away football matches on Good Friday at the Port Douglas oval.

“In the southern states, Good Friday is traditionally a day when money is raised for children’s hospitals,” Mr Cameron said. “So in that tradition, we decided to donate our gate receipts for these days to the only hospital in our region,” he said.

Mossman Hospital Director of Nursing and Midwifery/Facility Manager Peter Le Griffon said it was incredibly rewarding for the community to be supporting the facility through its Friends of the Foundation group. This comes under the umbrella of the Far North Queensland Hospital Foundation and means all donations over \$2 are tax deductible.

“Joining the Friends group has been incredible for us because it has enabled us to tap into resources we otherwise wouldn’t, which means better outcomes for our patients,” Mr Le Griffon said. “Not only is it wonderful that people are donating to support the Mossman Hospital, but these activities bring the community together towards a common goal, which is lovely to see,” he said.

Photo: John Shona (Crocs Treasurer), Mossman Hospital Director of Nursing and Midwifery/Facility Manager Peter Le Griffon; Foundation CEO Tony Franz; (Mossman & District Friends of the Foundation volunteer) Deborah Kachel, Mossman Multi Purpose Health Service business manager Meave Pedemay.

Atherton ties knot

LOCALS supporting locals is the aim of the newly formed Atherton Friends of the Foundation group.

The fundraising group is a subsidiary of the Far North Queensland Hospital Foundation and brings together the long-established Hospital Auxiliary with other members of the community.

Friends president Dianne Williams said she was delighted the community had united to support health services.

“Any monetary donations to us now are tax deductible and we are planning some additional fundraising activities to help boost equipment for our health service,” Ms Williams said.

Atherton Hospital Auxiliary spokeswoman Louise De Marzi said in the 30 years the auxiliary had run, it had contributed more than \$500,000 to improving equipment at the local hospital.

“That’s been through our weekly bingo, fetes, cake stalls and our daily trolley through the hospital,” Mrs De Marzi said.

“We believe joining with the Friends group is a step in the right direction for the hospital and our community,” she said.

Atherton Club of Rotary kicked off the new Friends group, with a \$20,000 donation.

Director Jo Barnes said the funds were raised through Rotary’s work on the field days and Tastes of the Tablelands events.

Foundation chairman Dr Ken Chapman said he was delighted the community had recognised the benefits of coming under the Foundation’s umbrella.

“We now have Friends groups here, Mareeba, Mossman, Cow Bay, Innisfail, Croydon, Cooktown and we’ve also welcomed Tully and Herberton to the fold recently as well,” Dr Chapman said.

“This is a wonderful step forward for the Atherton community and we look forward to supporting them achieve better health outcomes for local patients,” he said.



Acrobat's hand saved

YOU almost couldn't think of a worse injury for a circus acrobat than cutting tendons, arteries, muscles and nerves in your right arm.

But that's exactly what happened to seventh generation circus performer Jessie Grant in Cairns.

Mr Grant was incredibly lucky that he cut his right arm on a window, in Cairns.

He was the first patient to use the new surgical microscope provided by the Far North Queensland Hospital Foundation through donations and fundraising activities.

There are only two of the microscopes equipped in this way in Queensland – one on the Sunshine Coast and the other now in Cairns.

"I knew I was lucky to have a great team looking after me here, but I didn't realise I was so lucky that this happened in Cairns," Mr Grant, 27, said.



Photo: FGF's Warren Massingham, Cairns and Hinterland Hospital and Health Service chairman Clive Skarott, patient Jessie Grant, FGF's Murray Moule, Cairns Hospital plastic surgeon Dr Kristian Sørensen.

He estimates he was in surgery within an hour of arriving at the hospital. The cuts missed the main nerve in his wrist and caused about five per cent damage to the other nerves.

Part of Mr Grant's role in the Infamous the Show involved one-armed swings and comedic stunts where he lands on that arm.

"While I'm recuperating I'll modify my act so there's not so much physical stuff for me," he

said. His family started Ashton's Circus in 1851, he started on the trapeze at the age of eight and turned professional aged 15.

Cairns Hospital plastic surgeon Dr Kristian Sørensen was ecstatic to use the new equipment.

"Having this microscope ensures the population of Far North Queensland have a reconstructive service unmatched apart from the metropolitan areas around Brisbane," Dr Sørensen said.

Owner claims car in surprise win



SOMETIMES it takes a little while to convince people they've won a car!

When Lance Davis got the phone call in May to say he'd won a new Toyota Yaris, it took some convincing.

He was sceptical when he answered the phone, and received a text message and spoke to the dealer principal of Pacific Toyota.

But it was only when he went and saw the car for himself that he believed it.

The North Cairns retiree was extremely happy with the windfall, which came with 12 months' registration.

He bought six tickets at a shopping centre, but never expected to be the winner.

"I've never really won too much – I did win a barbecue in the yellow ducks a couple of years back. But I'm always buying raffle tickets so it's nice to be the winner this time around. And of course it's nice to support the Hospital Foundation," Mr Davis said.

He won the car, worth \$19,000, in the Far North Queensland

Hospital Foundation's Car for a Cause Art Union, with funds raised going to the surgical microscope campaign.

Foundation fundraising and marketing manager Glenys Duncombe said without the vital support of people like Mr Davis, the Foundation would not be able to achieve its goals.

The new surgical microscope enables surgeons to see on a high definition screen the tiniest of blood vessels, in fine detail. Of particular benefit, is the fact that when tissue is transplanted from one part of the body to another, surgeons can see whether blood is flowing through which determines if the operation is a success.

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Nu Nu sets new record

MORE than \$33,000 was raised at the annual Nu Nu Restaurant Melbourne Cup in November, setting a new record for the event.

This year's tally brings the total raised in the 15 years the event has been held, to \$179,000.

Restaurant co-owner Mo Rowbottom said the aim was to raise \$30,000 in five hours. "Last year we raised \$26,500 at the event and we're sure we can improve on that this year."

Event organisers hosted a new section, the exclusive Cockatoo Cage this year, an exclusive opportunity for successful bidders to enjoy French champagne and chef Nick cooking all day long.

That section sold out in six minutes and normal tickets sold out in an hour-and-a-half.

"It's grown from a table of 10 and we gave a cheque for \$2000 to reception in 2004. Everyone gives from the heart, it's all about the love, it's about giving back to the community.

The event, with its signature horse race on the beach, attracts significant media attention each year.

A big thank you from us, to the incredible team at Nu Nu Restaurant, all their sponsors and our hard working team of volunteers.



Patients seen quicker

HEART patients needing an echocardiogram in FNQ, will now be seen quicker, thanks to hundreds of cyclists.

A new echocardiogram machine was bought from funds raised during the 2018 Mt Franklin Cardiac Challenge.

Cairns Hospital consultant cardiologist Dr Willis Lam said it was an additional machine, meaning more people can be tested, shortening wait times for in and outpatients.

"In addition, we're getting another sonographer soon so all the machines will be working all the time," Dr Lam said.

The echocardiogram detects arrhythmia and blockages, and is a vital diagnostic tool, with its images then used by interventional and surgical cardiologists

when life-saving procedures are performed.

"The images we give them from the echocardiogram are used by clinicians before and during procedures, so they have a really clear picture of what they are dealing with, and what part of the heart needs to be addressed," Dr Lam said.

"The new echocardiogram bought by the Cardiac Challenge has better technology, much better resolution images and is more user friendly. It also is used for when trans-oesophageal ultrasound is performed."

Dr Lam was named best presenter at the Hong Kong College of Cardiology conference, for research he presented about MRI studies of cardiac patients in the Far North. "We studied 65



patients who had elevated heart attack markers and chest pain, but no indicators of a heart attack on an angiogram. We found that in a third of them, the pain was caused by muscle inflammation, 20 per cent had had a small heart attack and 12 per cent of them had heart muscle disease.

"Importantly, the treatment was altered in 85 per cent of those patients, as a result of the MRI (magnetic resonance imaging) results," Dr Lam said **(pictured above with Foundation fundraising and marketing manager Glenys Duncombe).**



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Hikers hit trail for hospital

WALKERS raised more than \$23,000 tackling the MG Arrow Experience for the Far North Queensland Hospital Foundation in July this year.

More than 75 participants put their best feet forward on the popular walking tracks to raise funds through the second Arrow Experience for the Cairns Hospital emergency department.

Foundation fundraising and event coordinator Annette Jarrett said they were confident they would reach the target funds.

The fastest time for the long course was recorded by Cairns Hospital senior gerontologist Dr Edward Strivens, at around two hours.

Hospital administration worker Kerrie Pretty did the Arrows for the first time with her daughter



Talitha, 12.

“It was a lot of fun, and the views were gorgeous,” she said.

Top individual fundraisers were Janelle McClure at \$839, Tristana Brougham at \$681 and Wendy Tisbury at \$550. Top team fundraisers were Train with Elaine

at \$1444, Hot Soles at \$945 and JenWen with \$925.

The 2019 event raised a total of \$42,082.

The 2020 event will be held on May 17. Registrations open in the new year.

www.arrowexperience.org.au

Thanks to community for support

The most exciting prize won by Elaine Walsh, prior to October 3, was a chook.

Today she drives home to Tully Heads, the proud owner of a new MG3 Core, thanks to the Far North Queensland Hospital Foundation.

The car, worth \$19,334, was raffled by the Foundation as part of its MG Arrow Experience fundraising event.

Ms Walsh bought her car raffle tickets at Cairns Hospital, when she was visiting to have some tests undertaken.

“You know what stood out to me when I bought the tickets, I bought them on the 9/9/19 so that was significant, and the ticket numbers were significant too – 12054 is the winning ticket number and 1954 is my birth year,” she said.

The car, contributed by Trinity Auto, supported the Foundation to raise \$42,000 for the Cairns Hospital Emergency Department.

Foundation fundraising and event coordinator Annette Jarrett said it was thrilling to make the phone call to Ms Walsh, letting her know she had won the car.

“Knowing you’re making someone’s day or month



or year, is pretty amazing. It’s a fabulous little car and it’s always nice to be the bearer of such exciting news,” Mrs Jarrett said.

“The money will be going towards the Emergency Department at Cairns Hospital, which we all know we might need at any time – I know I have with my kids so any help we can give them with equipment, we know will be appreciated,” Mrs Jarrett said.

Next year’s Arrow Experience will be held on May 17.

Photo: Foundation fundraising & events coordinator Annette Jarrett, MG winner Elaine Walsh, and Trinity MG’s Tony Fox.



ALMOST 1000 people give up their time to help improve health outcomes in Far North Queensland.

The Far North Queensland Hospital Foundation has more than 950 volunteers on its books and celebrates their achievements each year in May for National Volunteers Week.

Foundation fundraising and marketing manager Glenys Duncombe said most of those volunteers were involved in fundraising activities while 91 undertake roles around Cairns Hospital.

Hospital volunteers work 5770 shifts, or 20,794 hours a year,

while fundraising volunteers work 989 shifts or 7214 hours a year.

“We really could not do what we do, without these volunteers – they are vital to our operations,” Ms Duncombe said.

“They perform a variety of roles around the hospital including helping at the information desks, oncology, OPERA, Playscheme, Special Care Nursery, shopping trolley and others,” she said.

“And we have more than 700 on the books who help at our many fundraising activities – Cardiac Challenge, Motorcycle Muster, Christmas Wrap, Melbourne Cup, golf days and the Arrow

Experience.”

The Foundation contributed \$3 million towards improving health outcomes in the region this financial year, which is due in no small part to the volunteers.

“We have about 100 on Cardiac Challenge alone – they drive escort vehicles, prepare meals, help with logistics and administration. So imagine doing an event like that without those volunteers – you couldn’t do it. Some only do one event, some do every event they can, some only help at the hospital – it doesn’t matter what they do or how much – they are all vital cogs for the Hospital Foundation.”

Gift made in husband's honour



Photo: Matthew Parrish and Dawn Evans meet with Cancer Services Acting Nurse Unit Manager Jennifer Faulkner.

A GENEROUS donation to cancer services has been made via the Far North Queensland Hospital Foundation.

Dawn Evans and Parrish Financial financial advisor Matthew Parrish together donated \$5000 to the Foundation, in honour of Graham Evans. “Mr and Mrs Evans were both 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. A long-time Foundation supporter, Mr Parrish said the Parrish Financial staff saw firsthand challenges clients face during their battles with cancer and having a facility like this where locals are caring for locals, makes a big difference.

Foundation fundraising and marketing manager Glenys Duncombe said donations like this were always gratefully received.

Vollie Q&A



- 1. Name:** Jenny Davis
- 2. Age:** 64
- 3. Have you always lived in FNQ? If not, where did you come from and how long have you been here:** I have been in Cairns for 11 years, previously I lived in Brisbane
- 4. Volunteer role:** Information desk and day surgery
- 5. How long have you been volunteering with us:** three years
- 6. How did you come to start volunteering with us:** I had just always wanted to do it and wanted to give back to the community
- 7. Star sign:** Aquarius
- 8. Interest, hobbies, past-times:** Word books, relaxing.
- 9. Tell us about your family – kids, grandkids, great grandkids?** Two children and grandchildren.
- 10. What do you do with yourself when you are not helping us?** Housework, computer games, word books and cooking.
- 11. Are you retired? If so, what did you do before leaving the workforce?** I was made redundant at age 60.
- 12. What do you enjoy about volunteering with us?** Helping people and the hospital.



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

pomegranate chicken with almond cous cous

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

What you need

1 tbsp vegetable oil; 200g couscous; 1 chicken stock cube, 1 lge red onion, halved and thinly sliced; 600g chicken tenderloins; 4 tbsp tagine spice paste or 2 tbsp harissa; 190ml bottle pomegranate juice, not sweetened; 100g pack pomegranate seeds; 100g toasted flaked almonds, small pack mint.

Method

1. Boil the kettle. Put couscous in a bowl seasoned with pinch of salt and pepper and crumble in half the



stock cube. Pour boiling water over the couscous until just covered, then cover the bowl with tea towel and set aside.

2. Heat large frying pan, add vegetable oil in, add the thinly sliced red onion to the pan and fry for a few minutes to soften. Push onion to one side of pan, add the chicken tenderloins and brown on all sides. Stir in the tagine paste or harissa and the pomegranate juice, then crumble in the rest of

stock cube. Simmer, uncovered for 10 minutes until the sauce has thickened and chicken cooked through. Stir in pomegranate seeds, saving some to garnish.

3. After 5 minutes, fluff up the couscous with a fork, stir through the almonds and mint.

4. Serve the chicken on the couscous with sauce spooned over, garnish with remaining pomegranate seeds and shredded mint.



Wrapped up good!

WE'D be "rapt" if you would help us "wrap" at our annual Christmas Wrap fundraisers.

This year we have two locations for wrapping gifts in the Far North.

Sign up to help at DFO

Cairns here: <http://bit.ly/Xmas2019SignupDFO>.



Sign up to help at Cairns Central here: <http://bit.ly/XmasWrapCC>