

# far north queensland hospital foundation

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# THANK YOU

More than 143 QSuper Cardiac Challenge riders, 44 supporters and 96 volunteers raised more than \$290,000 for cardiac services in Far North Queensland.



# SPRING, 2020

# WE SMASHED IT!

CYCLISTS in this year's QSuper Cardiac Challenge smashed the ball out of the park, raising more than \$292,000 for cardiac services in FNQ.

Hosted by the Far North Queensland Hospital Foundation, the event was able to be pulled together despite restrictions due to COVID-19, making the fundraising total reached all the more amazing.

## Foundation CEO Tony

Williamson said the funds raised were an incredible tribute to everyone involved.

“We had another generous donation from Mrs Joyce Swinton towards the event, but the individual fundraising was incredible,” Mr Williamson said.

"Taking her donation out of the equation, we calculated that the average funds raised per rider was \$1692 which is an exceptional

achievement," he said.

“Our original goal of \$175,000 was quite simply smashed out of the ball park and we are so grateful to everyone who went above and beyond with their fundraising.”

Congratulations to top fundraising individuals Antonia Quinn, Tony Nastasi and Nick Lyngcoln, and top fundraising teams Wheelie Good, Canardlys and CRC Cardiac Cruisers.

# Biggest ever investment in

MORE than \$220,000 is being invested in medical research in FNQ, thanks to community support.

The Far North Queensland Hospital Foundation announced its annual research grants recently, including two large grants of \$50,000 each - the Foundation's largest ever research donation.

In fact, this year's investment, brings the Foundation's total contribution to medical research in FNQ, to more than \$1.25 million.

Foundation CEO Tony Williamson said investing in research was a vital part of progressing the community's aim of the Cairns Hospital becoming the Cairns University Hospital.

"Research is an integral component of becoming a university hospital – the top physicians around the world are also top researchers, and these grants are becoming highly sought-after," Mr Williamson said.

"Investing in research is part of our broader strategy to improve health outcomes and to help this hospital reach full university status," he said.

"We're also really delighted this year to welcome Mark and Paul Kamsler, who have very generously donated funds towards the Paul & Dina Kamsler Memorial Grant, in honour of their parents," he said.

Cairns and Hinterland Hospital and Health Service board chairman Clive Skarott AM said what the Foundation does to support health services in the Far North is simply incredible.

"Support for research is absolutely vital and we would strongly encourage anyone considering donating to research, to do so through the Far North

Queensland Hospital Foundation as every cent goes where it's intended and it will make a difference to us all," Mr Skarott said.

As well as the individual research grants, ranging in size from \$2100 to \$50,000, the Foundation contributes \$50,000 a year towards a research officer at Cairns Hospital.

Cairns Hospital Staff Specialist Dr Simon Smith is one of the \$50,000 grant recipients.

"We currently are working on over 40 FNQ-based, doctor-led research projects investigating a variety of infections that affect people living in FNQ. One of the challenges we have is engaging people currently admitted to the hospital in these projects. The generous grant from the Foundation will allow

**AITHM senior research fellow Dr Andreas Kupz**



us to hire and train a new nurse who will help engage patients and coordinate many of our projects. Looking forward, training a new staff member will help grow our research capabilities allowing us to become involved in an even greater number of projects - all designed to help improve the management of infections in FNQ," Dr Smith said.

Dr Andreas Kupz, a senior research fellow at James Cook University's Australian Institute of Tropical Health and Medicine, will use his \$50,000 grant to investigate ways to improve BCG, the vaccine for tuberculosis.

"Because of a worldwide shortage of BCG there has been a gap in the vaccination program for children who are at risk of exposure to TB," Dr Kupz said. Now that BCG is available again, Queensland Health is running a catch-up vaccination program.

Dr Kupz and his team will compare the immune response of children after vaccination with any natural immunity developed by those who are found to have been exposed to TB when the vaccine was unavailable.

**Cairns Hospital Staff Specialist Dr Simon Smith**



# FNQ medical research



Other grant recipients include Denise Craig, senior psychologist within the Far North Queensland Aged Care Assessment Team and Memory clinic.

Ms Craig is the inaugural recipient of the \$10,000 Paul & Dina Kamsler memorial Grant and will study how Advance Care Plans are administered by clinicians.

“I believe this is the first study of its kind and we’re hoping to use the information gained to inform policy reform, education and programs to improve understanding and adherence to patients’ stated wishes. Knowing the factors involved can only benefit all participants in advance care planning,” Ms Craig said.

Brothers Paul and Mark Kamsler will donate \$10,000 a year for five years, towards a research grant in their parents’ honour.

“Locally based research initiatives help our region in so many ways,” Mark Kamsler said.

“In the long term, if research leads to improvements in health and access to facilities then this is a desirable

outcome, that benefits so many. As long-term residents of FNQ, this is our way of giving back to the community,” Mr Kamsler said.

JCU Professor Caryn West will use her \$24,900 grant to research primary health care injury surveillance to information community alcohol management decision-making in three remote Indigenous Cape York communities.



Other smaller research grants have been awarded to study:

- Coronary artery disease in Aboriginal and Torres Strait Islander people
- Women’s experiences of accessing surgical termination of pregnancy services in FNQ.
- Stopping the Asian Tiger Mosquito from reaching mainland Australia with sugar baits.
- Preclinical evaluation of phytocompounds as novel antimicrobial agents
- Improved clinical management for allergic rhinitis to tropical airborne allergens in FNQ
- An investigation into neutralisation, stability, and kinetics for the antivenom for Chironex fleckeri, the lethal box jellyfish.
- The extent, cause and direct healthcare costs of non-fatal deliberate self-harm in Far North Queensland.
- Too hot, too cold or just right? The influence of environmental temperature on the venom of box jellyfish
- Likelihood of Paediatric Obstructive Sleep Apnoea in Far North Queensland
- Can Admission to a Rural Hospital due to Lower Limb Cellulitis be Prevented.



# Volunteering going strong

VOLUNTEERING at Cairns Hospital looks a little different these days but it's still happening.

Coordinated by the Far North Queensland Hospital Foundation, the volunteer program is in its 23rd year with more than 960 individuals registered to help where they can.

For International Volunteers Week, Foundation CEO Tony Williamson paid tribute to the many volunteers who generously give their time.

"We have 964 volunteers registered with us and of those, more than 90 work here at Cairns Hospital, another 655 are fundraisers, 25 are our craft ladies and the remainder volunteer with outlying hospital Friends groups," Mr Williamson said.

Volunteer celebrations in May have been postponed due to COVID-19 but there is still a skeleton crew of volunteers hard at work.

"We've stood down most of our hospital volunteers who are over 70 or in an at-risk category, but we still have some who are coming in, and we have a couple of new ones," he said.

One of those is Sarah Lansley-Reid, who works at Skyrail Rainforest Cableway normally, but with time on her hands took up the opportunity to help at the hospital.

"This hospital actually saved my son's life when he was born so it's certainly been great to give back in my own little way," Sarah said.

Even though Sarah has returned part time to Skyrail Rainforest Cableway, she is still sparing time for twice weekly shifts at the hospital.

"I really enjoy it, everyone's really nice and friendly and I'm doing my bit to make a difference



**Photo: Sarah Lansley-Reid chats with Foundation CEO Tony Williamson.**

so I'd encourage anyone with time on their hands to volunteer with the Foundation," she said.

Up to March this year, hospital volunteers worked 4883 shifts, or 18,089 hours a year, while fundraising volunteers worked 1123 shifts or 10408 hours a year.

Hospital volunteers perform a variety of roles including helping at the information desks, oncology, OPERA, Playscheme, Special Care Nursery, shopping trolley and others.

Mr Williamson said the Foundation contributed \$3 million towards improving

health outcomes in the region last financial year, which is due in no small part to the work of 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 just couldn't do it," he said.

"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 in the Hospital Foundation machine."

**PHOTO: Chris Marsh, Glenys Duncombe and Linda Adams were excited about the 2020 QSuper Cardiac Challenge**



# Marsh grateful for service

WHEN Chris Marsh looks back at April 4 this year, he can see he had all the warning signs of a heart attack.

He was more puffed than usual after playing 18 holes of golf. But he attributed that to not playing for a while due to COVID.

He was more worn out than usual after playing with his grandkids the day before.

He had tingly feet. He was sweaty. He had pain in his chest and shoulders. He felt “pressure” on his chest. He had pins and needles.

Now Mr Marsh knows, after having four stents inserted in his coronary arteries, he dodged a bullet.

“Getting those stents put in by Dr Ram Saireddy was just surreal. I was in the theatre looking at my heart on a big screen. I’m so grateful for what he and the team did for me,” the well-known real estate agent said.

“I’ve got way more energy, my complexion is better, I can’t believe the difference in how I feel now,” Mr Marsh said.

“It’s ironic too because one of our staff has ridden in the Cardiac Challenge for five years including this year so the fundraising that Linda has done, has probably provided equipment that helped save my life,” Mr Marsh said.

QSuper Cardiac Challenge rider Linda Adams said she always knew that fundraising in the event made a difference to people, but personally knowing someone whose life was saved made it so much more tangible.

“It actually makes me want to keep doing it for as long as I can because technology is always changing

and the unit will always need the latest equipment for people to have treatment here, rather than going away to Townsville or Brisbane.

Cairns Hospital interventional cardiologist Dr Ram Saireddy said Mr Marsh had typical symptoms of a heart attack, and in his case blocked blood vessel, supplying oxygen to the heart. In some patients this can manifest as heart burn or heaviness in the arms. Other atypical symptoms occur too. Opening the blocked blood vessel in the first couple of hours gives the best long-term result.

“The Far North Queensland Hospital Foundation has been instrumental in supporting the addition of new cath labs and cardiac services to Cairns to help achieve patient outcomes for people like Mr Marsh,” Dr Saireddy said.

Far North Queensland Hospital Foundation Fundraising & Marketing Manager Glenys Duncombe said organisers often heard of stories like Mr Marsh’s which was a huge incentive to keep working to make a difference.

- The QSuper Cardiac Challenge is an annual fundraising bike ride from Cairns to Cooktown, hosted by the Far North Queensland Hospital Foundation. 2020 will be the 14th time the Cardiac Challenge bike ride has been held, with more than \$4 million raised for cardiac services by the Foundation, in that time. Funds raised this year will go towards a cardiac ultrasound device and a specialised anaesthetic device for the new cardiac electrophysiology service.

# Donor supports women

WOMEN and their neonatal babies will have more support now and into the future thanks to the generosity of a local philanthropist.

The Northern Frontier Foundation (NFF), established by local businessman Dean Pradal, has donated \$74,000 towards the Far North Queensland Hospital Foundation's (FNQHF) COVID-19 fundraising campaign.

NFF General Manager Linda Ly said one of the Foundation's key goals was to support women and children in the Far North and identified pertinent items on the FNQHF's wishlist for that area.

That \$74,000 will buy two lifepak defibrillators, neonatal pulse oximeters and an adult resuscitation trolley for the Women's Unit at Cairns Hospital.

Ms Ly said the NFF supports the FNQHF because they know funds donated stay local.

"We know there are no admin fees or anything else taken out of anything we donate and we can see the results of where the money goes. It's very important to us to support women and children so when we saw these particular items, that's what we knew we had to contribute towards," Ms Ly said.

The NFF aims to support individuals and communities, creating a genuine impact on long-term benefit of all in Far North Queensland.

FNQHF CEO Tony Williamson said while the equipment for the Women's Unit was part of the Foundation's COVID-19 campaign, it also improves the hospital's capacity to deal with other medical situations into the future. He added that the NFF's generosity, together with other donations and pledges, means the



FNQHF only needs to raise another \$130,000 to finalise its' \$2.9 million campaign.

Answering the call from the Cairns and Hinterland Hospital and Health Service, the Far North Queensland Hospital Foundation issued a plea in April for \$2.9 million to fund equipment at hospitals from Tully to Mossman. "This is the largest fundraising campaign the Foundation has ever undertaken and we've been absolutely astounded at the support this community has given us," Mr Williamson said.

"We are now incredibly close to our goal with just \$130,000 still remaining, due to pledges and other donations. That equates to 20 vital signs monitors or an intra-operative stack monitor for theatre," he said.

"I know there are people in business who are hurting but there are others who are ok and might have some spare cash they'd rather give to us than the taxman.

"We believe the health service and the governments have handled the COVID-19 situation incredibly well but we've all seen that it wouldn't take much for it to get out of control and we want to be as prepared as possible. This equipment also will obviously have uses beyond this pandemic."

**Photo: Far North Queensland Hospital Foundation Fundraising and Marketing Manager Glenys Duncombe with Northern Frontier Foundation General Manager Linda Ly.**



# FNQHF backs nurse awards

THE Far North Queensland Hospital Foundation recently sponsored the inaugural nursing awards at Cairns and Hinterland Hospital and Health Service (CHHHS).

To celebrate the World Health Organization declaring 2020 as the International Year of the Nurse and Midwife, CHHHS established an inaugural award celebration which is proudly sponsored by the Far North Queensland Hospital Foundation.

There were more than 100 very competitive nominations across all five categories, and the awards were jointly announced by Foundation CEO Tony Williamson and CHHHS Executive Director Nursing and Midwifery Services Debra Cutler.

Nominations were short-listed by a committee and then were assessed against the criteria by a judging panel.

## Excellence in Workforce – Alison Weatherstone

Alison is the Midwifery Unit Manager at Innisfail's Maternity Department. Alison's nomination outlined an outstanding commitment to improving work environments to ensure a safe, collaborative and collegial workplace.

## Excellence in Clinical Practice – Therese Howard

Therese is a Sexual Health Nurse with Tropical Public Health Services and was nominated for her commitment and advocacy in her work with the Queensland Health Syphilis Register. Therese has dedicated the last 10+ years of her career doing

this work and has done so in a respectful, friendly, supportive and efficient manner.

## Excellence in Education – Paul McNamara

Paul is the Clinical Nurse Consultant with Clinical Liaison Psychiatry Services and demonstrates an outstanding commitment to teaching and learning. A familiar face on the CHHHS Facebook page with his "Clean hands, clear head initiative", Paul dedicates a lot of his time educating and supervising colleagues whilst also keeping up with his Instagram/Twitter/Facebook page Meta4RN.

## Excellence in Leadership – Kelly Pollock

Kelly is the Nurse Unit Manager at Tablelands Community Health. Since Kelly has started in her role, she has inspired the team to develop their skills in the area of patient centred care so they can offer the best practice for patients and community clients.

## Excellence in Research – Bronwyn Hayes

Bronwyn is the Clinical Nurse Consultant Transplant Coordinator for CHHHS and integrates knowledge and evidence into practice to improve patient outcomes. In 2016, Bronwyn completed her PhD with her thesis focused on workforce issues in Australian and New Zealand haemodialysis units.

Prizes for the winners of each category were donated by the Far North Queensland Hospital Foundation. Winners have all won an opportunity to attend next year's Australian College of Nursing's National Nursing Forum including flights and accommodation.

# BECAUSE OF YOU

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TO FIND OUT MORE

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far north queensland  
**hospital**  
foundation



putting the pieces together  
for a **healthier north**



**Photo: Michael Aw, Tony Williamson, Michael Healy and Melanie Kingsley.**

# Community supports staff

MEMBER for Cairns Michael Healy and Mayor Bob Manning joined together to thank the Cairns and District Chinese Association (CADCAI) for their kind donation of more than \$25,000 worth of face masks and protective equipment.

The Association was looking for a way to directly and positively impact the health and well-being of the incredible health care workers in our local community and providing more Personal Protective Equipment (PPE) was one way they could do that.

CADCAI President Melanie Kingsley and past president Michael Aw sent out a call to their members and quickly raised \$25,000 to buy the equipment and get it sent to Cairns.

Shenzhen Kingsdom Technology Co Ltd is the Chinese Company that donated the products and local Cairns company Pioneer Travel assisted CADCAI with the cost of the freight, duties and GST.

“This is an enormously generous and kind donation and I thank CADCAI and their hardworking members on behalf of our city’s health professionals and residents” Mr Healy said.

“It’s at times like this where we see real community values shine through and our CADCAI group are reflecting that in this kind donation” he said.

Far North Queensland Hospital Foundation CEO Tony Williamson said the outpouring of community support for the health workers and patients was astounding.

CADCAI President Melanie Kingsley said it was a wonderful to be a part of the combined gesture from Shenzhen Kingsdom Technology Co Ltd, Pioneer Travel and the local Cairns Chinese Community to be able to assist the health care professionals of Cairns.

Mayor Manning said Cairns shared a long and valued cultural and commercial relationship with

the Chinese community, forged more than a century ago when they played an important role in the early economic growth of our region.

“This connection remains today with our local Chinese community and through a sister-city relationship with Zhanjiang in China,” Cr Manning said.

“I know there were individuals who worked very hard to get this personal protective equipment to us; they truly embody the spirit of Cairns and its’ community.

“This is what community is all about, being there and helping one another in times of crisis, and today we stand together in meeting this threat and in looking after each other.”

**For more information on the Foundation fundraising campaign, visit [www.fnqhf.org.au/coronavirus](http://www.fnqhf.org.au/coronavirus)**



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# Coronavirus donation

AN extremely generous philanthropist has stepped forward to donate a massive amount of money to help manage an expected surge of COVID-19 cases in the coming months.

Just as the Far North Queensland Hospital Foundation was about to launch an urgent fundraising appeal for extraordinary additional equipment to help manage the expected surge of Covid-19 cases over coming months, Alex and Violetta Sekler stepped forward to donate the whole amount currently on the wishlist.

The couple met with the Foundation's chairman Dr Ken Chapman to discuss a special wishlist supplied by the Cairns and Hinterland Hospital and Health Service. At that meeting, they announced they would fund almost \$650,000 asked for in the Coronavirus Critical Care Appeal.

Dr Chapman said he was deeply moved that the couple, who donated \$80,000 in 2019 to finalise the Foundation's endoscopy appeal, had recognised the need.

"This is actually the largest single

donation the Foundation has ever received and we are delighted to say a massive thank you to this couple," Dr Chapman said.

The couple have donated to philanthropic causes around the world and as Cairns is their new home, decided they wanted to help their new local community - again. Mr Sekler said as they had friends and family all around the world, they felt the need to make a difference locally. "Cairns is our home. We are blessed to be in the position that we can do something to help. We have two young children and we want to be sure our hospital has everything it needs to fight the pandemic. We believe it can save lives," Mr Sekler said.

"We have been working closely with the management of Cairns and Hinterland Hospital and Health Service to provide immediate extraordinary support to help respond locally to the COVID-19 (coronavirus) outbreak," Dr Chapman said.

"While the State Government has provided significant funding, community funding can provide

extraordinary additional medical and intensive care equipment going well beyond the normal needs of the service which will help expand local capacity in the region's hospitals to care for COVID-19 patients, with far reaching benefits to all in the Far North," he said.

"What this money will do is enable us to immediately order items on the wishlist such as baby ventilators, humidifiers, infusion pumps, syringe drivers, ultrasounds, defibrillators, vital signs monitors and high flow oxygen machines. It also includes 100 mattresses to allow 100 old beds that had been replaced but are still usable to be put back into service to expand the surge capacity in these unprecedented circumstances.

"These are tough times for everyone and the community needs to stick together and support the staff at our hospitals who will be the heroes of our time. Thank you to the Sekler family for leading the way with this very generous donation in support of our community," Dr Chapman said.

# New lease on life



PHOTO: Paul Durdin and Foundation CEO Tony Williamson.

PAUL Durdin's own near death experience has truly given him a new appreciation for life.

The Cairns-based disability support worker became unwell with a mosquito-borne illness several years ago and underwent a battery of tests, when it was found the right side of his heart was larger than the left.

Specialists found he had three holes in his heart AND that instead of two tubes in and two tubes out, he had three tubes on the right side of his heart and one on the left.

This meant that 20 percent of his blood was recirculating and not being reoxygenated as it should have.

Called atrial septo defect with a hole between two atria and abnormal venous drainage, Paul had lived 40 years of his life without knowing.

Just over three years ago, Paul, then aged 41, flew to Brisbane and underwent a complex procedure where an unneeded tube was used to repair the hole.

"I was invited to be part of the catering crew for the Cardiac Challenge last year and I just got so inspired by the stories so I decided this year I'd like to ride," Mr Durdin said.

He has been riding every day, lost 12 kilograms in the past few months, got up Lake Morris Road and recently rode 110km in one day.

"I never used to have much stamina or endurance. If I exerted myself I'd feel a bit dizzy but to be honest, I feel super privileged. I really do have a new lease on life. Everything in my life is so vivid now. Colours are so vibrant, butterflies are the brightest blue I've ever seen, I don't get stressed about things that don't matter anymore. Now that I know what stress really is, the other things don't bother me as much. I've changed careers – I used to be in hospitality but now I'm a disability support worker and I'm caring for other people. Now I feel like I have a purpose."

Far North Queensland Hospital Foundation CEO Tony Williamson said this year's event would be slightly different to previous years, but passionate fundraisers were working hard towards their goal.

"With the logistical challenges we've faced this year due to COVID-19, having QSuper as our major sponsor is a critical component and it will enable every single dollar raised to go directly to cardiac care in the Far North."

"There's been a lot more work in organising this year's event, but when you hear stories like Paul's, you know it's all worthwhile to make a difference to patient outcomes," he said.

QSuper Chief Executive Officer Michael Pennisi said QSuper is committed to investing in initiatives which create long-term benefits for Queenslanders.

"By supporting the challenge, we're supporting the improvement of cardiac health and the wellbeing of residents, like Paul, in Far North Queensland."



# Bequest helps children

THE Far North Queensland Hospital Foundation has received a generous bequest to be used for paediatric oncology.

Artist George Wagner (pictured) bequeathed more than \$74,000 to the Foundation, in recognition of the work conducted in the region for children.

Long time friend Mark Lilley described Mr Wagner as a generous man who always felt compassion towards children.

“His background is that he was Dutch-Indonesian and spent some of his youth in concentration camps so he had a difficult time himself as a child. I think that’s what made him feel compassionately towards children who were having a hard time,” Mr Lilley said.

“Particularly when he was diagnosed with cancer, he felt even more so for children with cancer who might miss out on life,” he said.

Mr Wagner studied art and design in Paris, India, Holland and Sydney, and exhibited his works all over the world, including Holland, Cairns, Mexico, Sydney, Yungaburra, Townsville and New York.

“I met George when he was my neighbour in Sydney in the 70s – he was an eccentric person and we became lifelong friends. He actually asked me who I

thought he should leave money to and I suggested the Far North Queensland Hospital Foundation as I was having treatment at Cairns Hospital and went past the office quite regularly,” Mr Lilley said.

Foundation CEO Tony Williamson passed on his gratitude for the bequest, on behalf of patients currently and into the future.

“We’re actually seeing an increasing number of bequests come to the Foundation, which is a beautiful way that people can leave a legacy to the community,” Mr Williamson said.

“One of the really amazing aspects about the Foundation is that because of our commercial operations, every cent donated to us goes where it’s intended. Nothing that’s donated is used for administration costs at all. I know that’s pretty unique in the charity sector and it’s a really important message for the community to hear,” he said.

“Every donation we receive is valued and really goes where it’s intended.”

**For further information about the Foundation’s Gifts in Wills program visit [www.fnqhf.org.au/gifts-in-wills](http://www.fnqhf.org.au/gifts-in-wills) or call 42266327.**

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# Vollie Q&A



**1. Name:** Janis Stevens

**2. Have you always lived in FNQ? If not, where did you come from and how long have you been here:** I have lived here all my life, the family cane farm near Gordonvale has been handed down through the generations and I still live there today.

**3. Volunteer role:** Cairns Hospital library. I help the staff by putting books away and sorting the shelves. Previously at the hospital I have helped the Foundation at information desks and in administration, and with the Red Cross Playscheme.

**4. How long have you been volunteering with us:** 26 years

**5. How did you come to start volunteering with us:** I was going to appointments at the hospital and kept walking past the Foundation so I thought it would be nice to help out.

**6. Star sign:** Capricorn

**7. Interest, hobbies, past-times:** Ten pin bowling.

**8. If so, what did you do before leaving the workforce?** Previously I worked in childcare.

**9. What do you enjoy about volunteering with us?** I don't know what I would do with myself if I didn't have this. I love helping the Foundation because I know what I'm doing is worthwhile and helps improve health outcomes.

# Cafe Chat



**1. Name:** Siobhan Ross

**2. What is your role/Which café do you work at?:** Team Leader at DCafe and Sea Breeze Cafe

**3. Have you always lived in FNQ? If not, where did you come from and how long have you been here:** I have lived in Cairns for 12 years, I came here from Port Macquarie in NSW.

**4. How long have you been with the Foundation:** Nine years in October

**6. How did you come to start working with us:** Applied to Seabreeze Cafe from a newspaper advert in the Cairns Post.

**7. Star sign:** Capricorn

**8. Interest, hobbies, past-times:** Camping, bush, beach walking, reading (fiction), knitting.

**9. Tell us about your family – kids, grandkids, great grandkids? Myself and adult son.**

**10. What do you do with yourself when you are not working with us?** Camping, relaxing, watching bands, attending music festivals.

**11. What do you enjoy most about working with us?** The variety and helping towards fundraising for the Foundation.

**13. What do you know about the Foundation and its role within the community?** Mostly its fundraising activities and purchase of much-needed equipment for our hospitals.



# dcafe recipe

## Strawberry Brownies

### What you need

120gm butter, 250gm semi sweet chocolate chips,  $\frac{3}{4}$  cup sugar, three eggs, one cup flour, one-quarter teaspoon salt.

### Topping:

220g semi sweet chocolate, four tablespoons heavy cream, two cups strawberries, halved

### Method

1. Preheat oven to 180 C.
2. Butter a 20x20 cm square pan, line it with baking paper and put aside.
3. Melt butter in a saucepan. Remove from the heat and add in chocolate chips while it's still hot.



Mix until smooth.

4. Add in sugar and mix.
5. Add in eggs and mix well.
6. Pour the chocolate mixture into the bowl. Mix until combined.
7. Sift in flour and salt. Using a spatula, stir until combined.
8. Pour the batter into the prepared pan and bake for 30-35 minutes.
9. Let it cool completely.

strawberries in halves and place on top of the brownie. Put the sliced parts down on the brownie.

10. Heat heavy cream in a bowl over simmering water, add in chocolate chips and let it melt. Whisk occasionally until smooth. Bring to room temperature.
11. Pour over strawberries. Let cool in the refrigerator for about 30 minutes or until ganache is set.



**Leaving a gift in your Will to the Far North Queensland Hospital Foundation, will help ensure we continue to shine a light on our vision of superior health care in Far North Queensland**

For more information about leaving a gift in your will, contact us on Ph: 4226 6327

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