

**Message from the Foundation**

Hi

The Far North Queensland Hospital Foundation is really going places at the moment - literally!

In May, dozens of motorbike riders hit the highway to raise funds for the Foundation during the 2013 Wayne Leonard's Motorcycle Muster. This year, the riders travelled from Cairns to Undara, via Mossman and the Atherton Tablelands.

The Foundation is also on the run in June. On Friday the seventh, The Cairns Post Fun Run took more than 1000 people on a friendly five-kilometre jog along the Esplanade to raise money for the Foundation's Paediatric Playground Project.

Two days later, 150 Foundation volunteers were in the thick of it during the Cairns Airport IRONMAN, which attracted competitors from interstate and overseas.

The event organisers donated money to the Foundation based on the number of volunteers who assisted athletes during the T2 transition stage of the triathlon, set up at Smithfield. During this hectic period, the hard-working volunteers helped more than 1000 competitors to swap their bicycles for running gear; supplied them with water; and slapped on sunscreen wherever necessary!

Foundation staff and supporters, including Cowboys football player, Ty Williams, also got together early this month for an extremely colorful mini rehearsal/media opportunity to promote an exciting new event on our fundraising calendar - the Swisse Color Run ([see story in this issue](#)).

Since it was launched in the United States in January last year, more than 200 cities across the world have hosted Color Runs - and on Sunday, 28 July Cairns will become the first regional city in Queensland to stage this spectacular event.

Event organisers pair up with a charity in each host city and the Hospital Foundation has been chosen to partner the Cairns Swisse Color Run and encourage runners to raise money for us. So sign up soon! (Visit [www.theswissecolorrun.com.au](http://www.theswissecolorrun.com.au) and [www.everydayhero.com.au/event/colorruncairns](http://www.everydayhero.com.au/event/colorruncairns) for further details.)

And while we are talking about signing up, don't forget that the Cardiac Challenge is just around the corner (21-23 September). Registration for this year's Cairns to Cooktown bike ride opened on 1 April at [www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au)

If you are in any doubt about the value of joining the Cardiac Challenge, I suggest you read the story titled "[Life Cycle](#)" in this issue - then sign up for the ride of your life!

Regards

*Glenys Duncombe*  
**Fundraising & Marketing Manager, Far North Queensland Hospital Foundation**

# DRY JULY

— Clear your head, make a difference —

Sign Up or  
Donate Now!

DRYJULY.COM

## Fundraising at full throttle!

Ladies and gentlemen, start your engines!

Around 50 motorbike riders embarked on a full-throttle fundraising adventure on 18 May, when they hit the highway for the 2013 Wayne Leonard's Motorcycle Muster.

[Click here to read the full story.](#)



## Rebel with a cause

Forget teapots and toasters. You are more likely to find grandmother of eight, Peta Ison, polishing the chrome on her motorbike.

[Click here to read the full story.](#)



## Freeze frame

Stunning landscape images captured by top local photographers have been digitally printed onto curtain material to provide cancer patients with a more uplifting vista while they receive treatment at the Cairns Base Hospital's Liz Plummer Cancer Centre.

[Click here to read the full story.](#)



## White knight

Michael Aw is the odd one out in his family. While his wife, daughter and son-in-law have opted for "white coat" professions, he is more interested in white goods.

[Click here to read the full story.](#)



## Colours that run!

Taking in Cairns' "local colour" will assume a whole new meaning on Sunday, 28 July, when it becomes the first regional city in Queensland to host The Swisse Color Run - a global running phenomenon with a charity element that has already swept through 30 countries.

Billed as the "Happiest 5k on the Planet", The Swisse Color Run is inviting people to don white T-shirts and run through clouds of coloured powder - showered over them by volunteers positioned at wayside "Color Stations" along the Cairns Esplanade.

### The Swisse Color Run Cairns

Date: Sunday, 28 July 2013

Time: From 9.30 am (for first wave of runners)

Location: Fogarty Park, The Esplanade.



[Click here to read the full story.](#)

## The time of their lives

How do you value time - particularly later in life? While many seniors feel they have earned the right to relax, last year around 70 retirees contributed more than 22,500 hours of voluntary labour - worth roughly half a million dollars - to the Cairns Base Hospital.

[Click here to read the full story.](#)



## Life cycle

Sign up a sponsor, climb into the saddle and save a life. During the past six years, the annual Cardiac Challenge bike ride from Cairns to Cooktown has raised a total of \$1.3 million to improve cardiac care services for residents in Far North Queensland - like young Jhett Mail, from Cairns (pictured right), with paediatric cardiologist, Ben Reeves.

[Click here to read the full story.](#)



## Screen stars

Forget channel surfing. Medical staff prefer to view a patient's vital signs on the one screen.

Thanks to the Innisfail Friends of the Foundation, health professionals at the Innisfail Base Hospital now have five new vital signs monitors to help them keep track of how patients are faring.

[Click here to read the full story.](#)



## Don't be a stranger ...

Friends of the Foundation groups labour tirelessly to raise funds for health care facilities in their own communities. In March, the Foundation thought it was time for them to come up for air and actually meet each other!

[Click here to read the full story.](#)



## Hole in one!

Having a hole in one is usually something you try to avoid around dentists.

But not during the Lane Orthodontics Golf Day at the Paradise Palms Resort & Country Club, which attracts dozens of dentists keen to swap drills for drivers and raise money for a good cause.

[Click here to read the full story.](#)



## Food for thought

FNQ Hospital Foundation Commercial Operations Manager and self-confessed "foodie", Steve McGuiness, who oversees the menu at the Foundation's Sea Breeze cafe, introduces a tasty new column.

Feeling Chilli?



Try this easy recipe for Fragrant Sweet Chilli Sauce. The ginger, kaffir lime leaves and lemongrass transform this dish. You'll be surprised at the wonderful aromatic flavour.

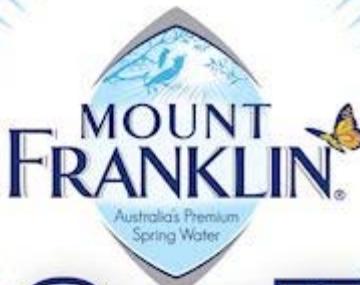
[Click here to download the recipe.](#)

## Donations and grants

**(1 March 2013 - 27 May 2013)**

\$1000 Max Stock's Food Service  
\$1000 Pet Cafe  
\$1400 Raffle (Innisfail Friends of the Foundation)  
\$5069 Cent sale (Innisfail Friends of the Foundation)  
\$2000 Anonymous (Paediatric Playground Project)  
\$1000 Advanced Diesel Injection  
\$1000 Anonymous  
\$1021 Friend  
\$2481 Michael Aw The Good Guys  
\$1000 Anonymous  
\$1000 Anonymous  
\$11,000 Events Queensland (grant)  
\$1050 CCW Cabinet Works  
\$11,466 Wayne Leonard Motorcycles  
\$5500 Midlife Crisis Club (Gordonvale Friends of the Foundation)  
\$2000 Anonymous  
\$1000 Italian Community Centre Association (Cairns) Inc  
\$2641 Cardiac Maniacs  
\$13,500 Cairns Regional Council





far north queensland  
hospital  
foundation

# Cardiac Challenge

September 21 to 23



The Mount Franklin Cardiac Challenge is an annual bike ride between Cairns and Cooktown in which riders raise money for cardiac equipment and services in Cairns and surrounding areas.

Fundraising from this event helps grow the services of the Cardiology Department at Cairns Base Hospital over-and-above Queensland Health's expenditure to ensure availability of superior cardiac services in Far North Queensland.

Over the six year history of this event, we have raised over \$1 million!



To find out more:  
[www.cardiacchallenge.com.au](http://www.cardiacchallenge.com.au)



[www.facebook.com/Cardiac.Challenge](https://www.facebook.com/Cardiac.Challenge)

## 2013 Cairns to Cooktown Bike Ride

We are riding for the  
beat of a heart

### Our supporters:



[Back to top](#)



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

far north queensland  
hospital  
foundation

#### Where to find us:

Ground Floor  
Block E  
Cairns Base Hospital Car  
Park  
Cnr Grove & Digger Streets  
Cairns QLD 4870

#### How to contact us:

T: 07 4226 6553  
F: 07 4226 6663  
E:  
[glenys.duncombe@fnqhf.org.au](mailto:glenys.duncombe@fnqhf.org.au)  
[paula.campion@fnqhf.org.au](mailto:paula.campion@fnqhf.org.au)

#### Where to mail us:

PO Box 957  
Cairns QLD 4870

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

**Far North Queensland Hospital Foundation**

Ground Floor, Block E, Cairns Base Hospital Car Park, Cnr Grove & Digger Streets, Cairns QLD 4870  
**T** 07 4226 6553 | **F** 07 4226 6663 | **E** [fundraising@fnqhf.org.au](mailto:fundraising@fnqhf.org.au) | **W** [www.fnqhf.org.au](http://www.fnqhf.org.au)

---

Should you no longer wish to receive these emails, please unsubscribe [here](#). Can't see the images? Outlook users - please click to download pictures and select, "Add to Safe Senders List." For other email readers, safe senders instructions [here](#). If you feel this message was delivered without your consent, please notify us at [fundraising@fnqhf.com.au](mailto:fundraising@fnqhf.com.au)