

Thank You, FNQ



We have so much to tell about the 2020 - 2021 year that was and thought we'd tell it in pictures. This is a snapshot of some of our donors, our events and the equipment purchased. All this could not have been done without our community support. Thank you FNQ!

Give the
 gift of health



far north queensland
hospital
 foundation

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 Cairns Hospital | Cnr Grove & Digger Streets, Cairns
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A PASSIONATE local is returning home to lead the region's premier charity.

Far North Queensland Hospital Foundation chairman Dr Ken Chapman was pleased to announce that Gina Hogan has been appointed to the role of Chief Executive Officer.

"Gina is a local originally with extensive leadership experience and the Foundation board and I believe she's going to be an incredible asset in leading the team," Dr Chapman said.

Mrs Hogan said Far North Queensland was where her heart is and she is excited to settle with her family and contribute to the community. Mrs Hogan will start the role in 2022.



\$150K raised

MORE than \$150,000 was raised at the Trinity Advisory Christmas Charity Fundraising Lunch on November 19.

This is a cause close to the hearts of the Trinity Advisory team. Rod and Sue Sherrington, Owners and Directors of Trinity Advisory, have had their own personal journey that required the services of the Cairns and Hinterland Hospital and Health Service, as have many of their clients, and have been passionate supporters of the Far North Queensland Hospital Foundation for many years.

"This is the second year we have organised this event, last year we raised over \$70,000, and this year over \$150,000. We could not have done this without the overwhelming support from our wonderful and generous Clients and Sponsors," Mr Sherrington said.

100% of auction sales went directly back

to the Foundation for the purchase of much-needed equipment and services, to help support Cairns Hospital in caring for their patients.

"Such an amazing achievement and so blessed to have such a strong business community in Cairns. This is a great example of local businesses supporting the community in which they live, and we couldn't be prouder of our clients and sponsors, he said.

Far North Queensland Hospital Foundation Acting CEO Joe Cristaldi said the event was an incredible example of the community coming together.

"We bring the community together every day, but for it to happen on this scale and with this level of support in such a short space of time, has absolutely blown us away," Mr Cristaldi said.

"Rod, Sue and the team truly galvanised their clients, brought them together for



Rod and Sue Sherrington with Josh and Jaz



Foundation Acting CEO Joe Cristaldi and Rod Sherrington.

this incredible common goal of improved health care. We're all going to need the hospital at some point in our lives so why not do what we can to add to and grow the services," he said.

"The beauty of the Foundation is that every cent donated to us, really goes where it's intended and that's because our commercial operations cover all our administration costs. So hand-on-heart – people know when they donate to us, it stays local and it goes where they want it to."

Nu Nu's Melbourne Cup Fundraiser

PITH helmets, leopard print and wild animals were de rigueur at the annual Nu Nu Restaurant Melbourne Cup event.

The event raised more than \$42,000 for the Far North Queensland Hospital Foundation, which has now received more than \$250,000 in the 18 years it has been held.

Famous for its horse race on the beach, the Nu Nu Restaurant Melbourne Cup theme this year was Rumble in the Jungle and tickets sold out in six minutes when launched online.

After King was scratched, the three-horse race on the beach was won by Mr Nibbles, with former Far North Queensland Hospital Foundation deputy chairman Russell Beer being the successful bidder

of that horse in the auction.

Foundation Acting CEO Joe Cristaldi said it was a thrilling fundraising event.

"This was really a lot of fun. As my first time, it was great to get into this event that the whole town talks about," Mr Cristaldi said.

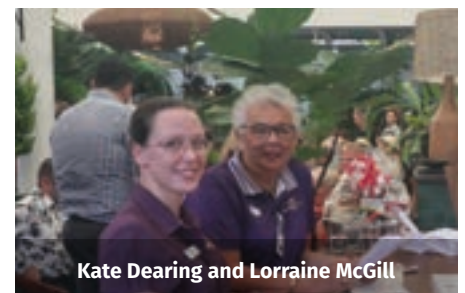
"Thanks to the Nu Nu Restaurant team who work so hard to bring this to fruition, all the many sponsors, and our volunteers and staff who worked so hard on the day to make it happen. It was incredibly rewarding to see this year's event raise the most it has EVER and this is a tribute to everyone who was involved," he said.

"We love the relationship we have built with Nu Nu Restaurant over the past 18 years and we look forward to continue working with the incredible team."



Jason Rowbottom, Amy Ascott, Nick Holloway, Mo Rowbottom.

Thanks to auctioneer Rod Brennan and his wife Rhonda, Mod Films, Skytrans, Platinum Model Management Australia, Riversleigh Horse Agistment, Two Tribes Styling, DJ Bart from Electric Dreams, Silver Cup Trophies, Final Touch Productions, Tea Lily Boutique, Kevin Murphy, Allamanda Palm Cove, Wolf Lane Distillery, Westco BMW, and the many hundreds of prize sponsors.



Kate Dearing and Lorraine McGill



Thank you Atherton

Thank you to Phoebe Sceresini (née Nasser) and the Atherton community, who recently presented a

cheque for an astonishing \$9100 to the Far North Queensland Hospital Foundation to go towards supporting cancer patients. These funds were all raised from the Atherton Cricket Club's President's Cup Day in September.

Here's the story in Phoebe's words:

"My family have been a part of the Atherton Cricket Club and still currently very involved in the club. So when I was diagnosed with breast cancer at the age of 27 years old, the club wanted to host a fundraiser in honour of breast cancer awareness and to raise funds for the breast care nurses. Monster raffles, large donations that were personally donated as well as from local businesses within the community were all apart of how the funds were raised.



PJ's for OPERA

Donations come in all shapes and sizes and every one helps us achieve our goals.

Recently we caught up with Curtis Pitt MP and some of the representatives of various Lions groups around town, particularly Lions Club of Edmonton.

Their donations helped us purchase pyjamas for the OPERA ward at Cairns Hospital. For those who don't know, OPERA stands for Older Persons Enablement and Rehabilitation for Complex Health Conditions and its name describes it aptly.

Sometimes patients there might not have someone who can source them some clean PJ's and we want all patients to be cared for with dignity.

Any other service groups that would like to support patients in this or other ways, please give us a shout, we'd love to hear from you.



Bankers raise funds

We sure know how to put the FUN into fundraising!

A fabulous day was had by all at the annual Commonwealth Bank Golf Day at Cairns Golf Club recently.

Thanks to everyone who came out for a hit, our fabulous volunteers and the hard-working team at CBA.

AND, we raised just over \$10,000! Thanks everyone!



Special baby expo

What an AMAZING Day was held for the annual Cairns Pregnancy and Baby Expo in early November.

The final tally is in and we can confirm \$4342.50 was raised!

Thank you to the Cairns Men's Shed, Childs World Cairns, Pullman Cairns International, many other sponsors, volunteers and of course attendees who supported this event. Funds raised will go towards supporting the most vulnerable bubbas at the Special Care Nursery at Cairns Hospital.



We love big cheques

Big thanks to the team at Pacific Toyota and Suncorp for your generous ongoing support of our community.

Our Acting CEO Joe Cristaldi caught up with dealer principal Leon to take delivery of a BIG cheque. We love big cheques!

Thanks for your support. The cheque of \$6225 helps us achieve our goals of improving health outcomes in FNQ.



Special bub arrives

It's not every day our purple angels witness a birth during their shift at the D Block Foyer at Cairns Hospital, but that's exactly what happened to Lorraine and Tony in mid-November.

The next week, we were incredibly privileged to meet baby Mateo. Fortunately Mum and Dad were cool, calm and collected and it was a smooth arrival.

Thank you so much to parents Caroleena and Luke for the introduction. It was an honour for our volunteers Lorraine and Tony and Acting CEO Joe Cristaldi to meet this little guy and his folks.

Queensland Ambulance Service (QAS) service staff Rachel and Connie also were able to have a little cuddle and Dr Jacqui who was nearby at the time of delivery, said Hi as well!

What a special reunion. Watch Lorraine's retelling of the story here: <https://bit.ly/BabyBorninDBlock>

Burnouts success

More than \$6000 was raised at the Fastfit Batteries Skids for Santa in mid-November. Acting CEO Joe Cristaldi was on hand to witness the fundraising and incredible motorsport feats on the night.



Peter Craig and Nick Loukas

Ride for Isabel

CYCLING around the incredibly scenic Yarrabah and Gordonvale warmed the hearts of more than 80 participants in the Alive Pharmacy Warehouse Ride for Isabel on Sunday, October 17.

While the event has been running since 2010, this year it came under the banner of the Far North Queensland Hospital Foundation and forms part of the Tour of the Tropics cycling festival.

The ride was instigated in 2010 by Speaker of the Queensland Parliament and Mulgrave MP Curtis Pitt and wife Kerry, after their daughter Isabel was stillborn at 41 weeks in 2008.

“Our family shares a close connection with Yarrabah so it was exciting to see the Alive Pharmacy Warehouse Ride for Isabel starting in Yarrabah this year,” Mr Pitt said.

“Losing a child is one of the most difficult tragedies a person can experience and my wife Kerry and I are pleased the ride will support local neonatal services,” he said.

The event was extra special this year for the Pitt family with Curtis and Kerry’s son Tristan joining Curtis on a bike in this year’s ride while wearing Curtis’ jersey from the inaugural ride in 2010.

This year’s event raised \$15,000 for neonatal care in Far North Queensland.

In 2020, there were 1019 admissions to the Special Care Nursery at Cairns Hospital, 167 of whom needed oxygen support, 273 needed ventilation support including bubble continuous positive airway

pressure, ventilation and humidified high flow.

Foundation acting Chief Executive Officer Joe Cristaldi said cyclists were bussed from Gordonvale to Yarrabah where they enjoyed a delicious breakfast cooked by HMAS Cairns volunteers before heading off on their ride.

“Riders had the option of a couple of different routes and while the 120km option including the famous Yarrabah Range was chosen by some, many were content with the routes we found for them along the beach, the stunning pine forest and through the beautiful countryside,” Mr Cristaldi said.

“The support of our sponsors on this event, including Alive Pharmacy Warehouse, Yarrabah Shire Council, Mr Wheels Cars 4WD’s and Commercials, Holding Redlich, Maurice Blackburn, HMAS Cairns, Babinda Springs, Cairns Regional Council, Queensland Police Service, the Department of Transport and Main Roads, Gordonvale Lions and the Queensland Fire and Rescue Service.”

Father & Son

SHANE and Kai Pue have more in common than most.

They work together, they’re father and son. They also have cardiac conditions.

They also are each other’s inspiration and rode the cardiac fundraising event, the QSuper Cardiac Challenge this September.

Shane had always had a heart murmur but when he had a transient ischaemic attack (TIA) in 2016 it was discovered he had a few holes in his heart. His condition is now being managed with medication.

Shane and wife Tania’s daughter Jasmine and son Kai both had open heart surgery aged just nine months old. Jasmine is now being closely monitored by the Cairns Hospital cardiac team.

And Kai is driven by his heart condition to be the fittest, healthiest and strongest he can be. He had his first heart surgery at age just nine months. At age 17, Kai’s valve

wasn’t working as well as it should have but when surgeons went to repair it, they discovered a well-hidden, benign mass.

It turned out the mass was damaging his valve. Kai was desperately hoping for abiological valve which means you can still play contact sport.

“Unfortunately I woke up with a mechanical valve which put an end to soccer and I struggled with this for a while, but I know they made the best decision for me, from a medical point of view,” Kai now 21 said.

He also had a pacemaker installed five days later to help keep his heart beating regularly.

“I have lived my whole life facing heart problems, many emergency hospital visits and constant setbacks to this day. As much as it’s hard to accept some days, this has made me who I am today. My message to anyone that sees this is that no matter how hard life gets, there is always a way

to turn things around! Find balance, create healthy habits, live outside your comfort zone! Life will always knock you down, find that inner strength to stand back up and keep going.”

Father and son run B’lieve Fitness Cairns together and also rode their bikes to Cooktown together.

Shane has ridden the event before, including on a tandem bike but this was Kai’s first time. “After years of training and building my strength, the QSuper Cardiac Challenge will be my first fitness milestone to participate in.”



Kai and Shane Pue with Foundation Acting CEO Tony Williamson

The Cairns Amateurs events raised more than \$31,000 for the Far North Queensland Hospital Foundation this year!

That's the High Tea, Gala Ball and on-track events, including the Cardiac Challenge barbecue at the Vodka Cruiser Lawn Party.

Thank you to all the donors, sponsors, volunteers, attendees and of course the Cairns Amateurs organising committee for choosing us as the charity beneficiary this year.



Photos: Cairns Amateurs and Blueclick Photography



Farewell Tony

AN exciting era of helping grow Far North health services awaits the next Chief Executive Officer of the Far North Queensland Hospital Foundation.

Foundation chairman Dr Ken Chapman announced the board will start recruiting for the role, as the interim holder of the position has decided the time is right to move aside.

"We've been very fortunate to have Tony Williamson step into the role which was only meant to be interim, but then the COVID-19 pandemic hit and he stuck with us through some challenging times," Dr Chapman said.

"The Foundation has actually done incredibly well during this time when many charities have suffered, but we contributed millions of dollars worth of medical equipment during our COVID-19 campaign,

the QSuper Cardiac Challenge has raised a record sum of money, and we're soaring," he said.

"Tony has done a great job in guiding the team through these difficult circumstances but he's decided the time is right to step aside for the permanent person to move into the role."

"As we support the Cairns and Hinterland Hospital and Health Service in reaching university status, the role of the Foundation will be critical in advocating, liaising and fundraising to provide what we can to support these goals."



Moroccan Chicken Roti

Ingredients

- Moroccan Chicken Thigh
- Spinach
- Coleslaw
- Cucumber Sliced
- Tzatziki Sauce
- Mint Yoghurt
- Turkish Roti Bread

Method

Line baking tray with grease proof paper, place dry rub mix in bowl, add chicken thigh to bowl and thoroughly coat chicken in seasoning. Lay chicken flat on baking tray, cook 180 degrees for 30 minutes covered, uncovered for 15 minutes.

While hot roughly cut chicken into strips, set aside.

Slightly warm roti bread in microwave this allows roti to be pliable while making

Place good handful of spinach horizontally across center of roti, squeeze on Tzatziki sauce across spinach

Add large handful of coleslaw on top of Tzatziki, dollop evenly 2 large spoonful's of mint yoghurt onto coleslaw.

Using tongs to add chicken strips to roti finishing with cucumber slices

Fold over bottom half of roti over top of mixture. Pull back lightly to firm mixture then roll. Toast in sandwich toaster till lightly browned.

Coleslaw Mix

Ingredients

Chinese cabbage (wom Bok)

Red cabbage

Carrot

Spring onions

Coriander

Parsley

Mint

Method

Thinly shredded both cabbages, grate carrot, finely shredded mint, shallots, coriander and parsley, mix in large bowl

Ras El Hanout

(makes 3 tablespoons)

Ingredients

1 tsp ground cumin

1 tsp ground ginger

1 tsp salt

¾ ground black pepper

½ tsp ground cinnamon

½ tsp ground coriander

½ tsp cayenne pepper

½ tsp all spice

¼ tsp ground cloves

Moroccan Chicken

Dry Rub

Ingredients

1kg chicken thigh skinless b/o

1 ½ teaspoon ground cinnamon

1 tsp sweet paprika

1 tsp ground ginger

½ to 1 tsp black pepper

1 ½ tbs. ras El Hanout

Café Chat

Name: Kaitlin Crawford

Age: 41

What is your role/Which café do you work in? My main role is as coffee barista in Seabreeze café but get time out in Dcafe on Monday as an all rounder.

Home: I originated from a little small town called St George Ontario Canada, I moved to Cairns in 2006 and become a citizen of Australia.

Foundation: When I was hired for the cafes I had no information about the foundation. During my first month found out that the work I was doing was helping the not-for-profit side raise money to purchase equipment for the Hospital my children and I have used over the years.

Stars: Taurus

Interests: Crafting, Reading, being a good mom, making life fun for everyone who's in my life.

Family: I am an all-rounder here at the cafes for the hospital during the week days, come the night I'm a functions supervisor at the Red beret Hotel, helping organize and run events from Cairns amateurs, weddings, birthdays, there from set up to pack down. On the side I'm a student in Medical Administration cert IV even with a busy schedule I still make sure I'm mum to my 3 children and lovely fur baby.



Vollie Q&A

Name: Rhonda Woods

Age: 59

Have you always lived in FNQ? I was born and grew up in inner Sydney. Been in Cairns for 30+ years.

What is your volunteer role: I began working in the Café kitchen. Now I operate the patient service trolley, work at the information desk, help out on reception.

How did you come to start volunteering with us? I was a referral officer at a Volunteer Referral agency and ended up referring myself to FNQHF.

What is your star sign? Capricorn.

What are your interests, hobbies, past-times? Quizzes, reading, walking, water skiing, watching rugby league (favourite team South Sydney Rabbitohs). Watching F1 and Moto Grands Prix. Watching Pro golf. Enjoy TV and comedy theatre.

Tell us about your family – kids, grandkids, great grandkids? I have two great kids a son aged 25 and daughter 21.

What do you do with yourself when you are not helping us? I enjoy crocheting, playing Scrabble and Yahtzee, browsing op-shops.

What did you do before leaving the workforce? I have been a factory foreperson (at age 17), pharmacy assistant, stand-up Comedy (amateur), school tuckshop convenor, waitressing and part time boating cruise function hostess, security/greeting person for major supermarket chain, delicatessen hand, field officer with advertising Company, payroll officer, aged care, disability & respite care, property manager, insurance adviser, retail

What do you enjoy about volunteering with us? The unpredictability of the environment. Making people smile. The gratitude extended by random members of the public and colleagues, who make me feel appreciated and welcome. Making my kids feel proud of me. It makes me feel good when I can help others to feel better. I'm a bit weird like that!

friends of the foundation

Supporting our community

Atherton

Thanks to Bunnings Atherton and local support for the sausage sizzle and donation towards our cent sale. Teamwork makes the dream work!



Cow Bay

The book "Wisdom and Hints for Living in the Wet Tropics" is a collection of tips and wisdom contributed by residents of the Daintree.

Many residents who contributed have lived in the Daintree all their life. Their contributions are based on their experiences and it makes a fascinating read.

This book has been published by the Cow Bay Friends of the Foundation fundraising committee. All funds raised are used to purchase equipment and support the Cow Bay Primary Health Clinic which provides medical services in the Daintree to both residents and tourists.

Get your copy here:

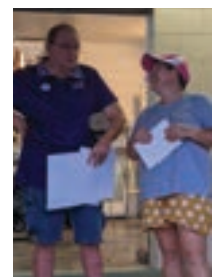
<https://fnqhf.org.au/event/cow-bay-book>

Gordonvale

Thanks so much to the Cairns Vigoro Association for their support of Gordonvale Hospital Friends of the Foundation.

They held a charity day recently, raising \$400 for the Gordonvale Hospital Friends of the Foundation, dressed in all colours of the rainbow and a lot of fun was had playing our great sport. A great day was had by all!

Huge thanks to all for getting involved, our umpires, scorers and canteen fairies for keeping us all fed and watered.



friends of the foundation

Supporting our community



Herberton

The Herberton Friends group participated in the Jacaranda Festival in October with a market stall at the Herberton Railway Station. The volunteers set up at 8am and concluded just after 1pm, selling biscuits, jams, chutneys, dog treats and selling Hundred Boards.

Mossman

The Mossman Friends raised more than \$4000 at their Melbourne Cup function at the Sheraton Grand Mirage Resort, Port Douglas. Thanks to MC Michael Clarke and auctioneer Darren Lyons and the many sponsors and attendees.



Mareeba

Huge Shout out to Mareeba Theatre Group Inc. for an awesome production and for your donation of \$1450 that will go toward the upgrade of the palliative care room at Mareeba Hospital.



Team WTF

ONE single team in the QSuper Cardiac Challenge 2021 has raised more than a sixth of the overall total.

Team WTF (Which stands for Where's the Finish) raised more than \$73,000 – or 13 percent of the total raised.

Team captain Rhonda Coghlan instigated the team six years ago with friend Helena Blumm, as they were starting to get into cycling fitness.

"It was early in the year, Helena suggested we ride in the Cardiac Challenge and so with another friend, that's what we did. Since then the team has waxed and waned a bit, it's always been hospitality based, but this year we have 13 riders, and half as many supporting us," Mrs Coghlan said.

The team is comprised of other restaurant owners, family members and friends who are all working towards the common goal.

"We're very fortunate to have two particularly competitive people in the team, namely John Piccone and Kieran O'Connor who are both very driven and of course that's what helps drive the fundraising," Mrs Coghlan said.

"For me personally, my husband has a problem with a cardiac valve and my father-in-law died of a massive heart attack at the age of 60. We all have stories about heart disease. But do you know the one thing that brings me back to this year after year, is that the Far North Queensland Hospital Foundation is the only charity I know of, where every cent donated goes where it's intended and that's because of the Foundation's commercial activities. It's an amazing model and I just love it," she said.

Funds raised from this year's QSuper Cardiac Challenge will go towards a ventilator for cardiology, a lung function testing system and an endobronchial ultrasound system for respiratory.

Hosted by the Far North Queensland Hospital Foundation, the QSuper Cardiac Challenge is a three-day bike ride where the community rallies together to ride the 333 kilometres from Cairns to Cooktown in September.

Foundation CEO Tony Williamson said Team WTF's fundraising achievements in 2021 now surpassed the \$55,000 tally raised by Team Your Shout in 2012.

QSuper Chief Executive Officer Michael Pennisi said "QSuper is committed to investing in initiatives which create long-term benefits for Queenslanders. QSuper looks after the retirement savings of many Department of Health employees in the state's far north and we are proud to support an initiative that helps our members working in cardiac health provide state-of-the-art care for their patients."

Support Services

Our Support Workers are chosen by you! and are ready to assist you with your individual needs.

How we can support you:

- Community Access, we have fully accessible vans
- Transport
- Fishing
- Sailing
- Golf
- Arts & Crafts
- Cooking/M Meal Prep
- Walking/Hiking
- Budget Planning
- Basic Computer Skills
- Domestic Assistance
- Assisting to attend appointments
- Provide companionship and conversation
- Personal Care



We love to learn new things too, do you have a favourite activity? just let our team know

Your Choice matters

Pinnacle Support COORDINATION & SERVICES

We are passionate about making a difference in your life

At Pinnacle we support our clients in achieving their goals to maintain their continued independence. We are passionate about the needs of our clients and focused on connecting them with the correct supports in their community

Support Coordination

Our Support Coordinators take the time to help you understand your NDIS plan. We will assist you to tailor your plan so it is 100% personalised to you and your goals. We will work with you to ensure a mix of supports are used to increase your capacity to maintain relationships, manage service delivery tasks, live more independently and be included in your community

Contact us for a chat

Una 0456 966 138 Brad 0458 949 809
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INSIDE
SUPER

QSuper podcast

The podcast that makes sense of super

From talking about money with your partner to how much you need to retire, we can all use a little bit of help when it comes to super. QSuper uncovers insider tips and handy steps in a new season of the Inside Super podcast.

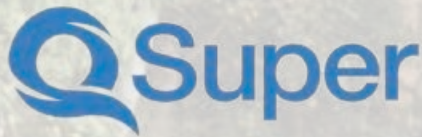
This time around, sports commentator and netball great Liz Ellis teams up with specialists from QSuper to tackle some of the big questions around superannuation, in a simple, easy-to-understand way.

Across four short episodes, Liz chats with various members of the QSuper team about some of the most commonly asked questions - and discovers some surprising revelations.

Packed with helpful information and entertaining conversations, these podcasts get you thinking about the life you want to have when you retire, and what you can do now to get there.

Listen in at qsuper.qld.gov.au/podcast or search 'Inside Super' wherever you get your podcasts.





THANK YOU!

More than 260 cyclists, 63 supporters and 116 volunteers raised more than \$529,000 for cardiac and respiratory services in Far North Queensland in the 2021 QSuper Cardiac Challenge.



HOW TO CONTACT OR SUPPORT US

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