

far north queensland hospital foundation

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Photo: Cairns Hospital director of cardiology Dr Greg Starmer and Foundation fundraising and marketing manager Glenys Duncombe with the “Car for Cardiac”.

Help build second lab

ISSUE 5, 2017

A MAJOR fundraising drive to help keep cardiac patients at home in the Far North, is underway in Cairns.

The Far North Queensland Hospital Foundation’s board has committed to raise \$1.4 million towards a second cardiac catheter laboratory at Cairns Hospital.

Foundation fundraising and marketing manager Glenys Duncombe said a second cardiac catheter laboratory would enable electrophysiology procedures to happen in Cairns and prevent hundreds of people having to travel away for those procedures.

“Recent research has shown that our region is among the worst in the country for heart disease and we have also been hearing that our population and tourist numbers are growing quite rapidly,” Ms Duncombe said.

“This is our first major fundraising

drive since the paediatric playground project was completed and we really do need the public’s help to get us across the line,” she said.

Fundraising from the 2017 Mount Franklin Cardiac Challenge will go towards the second catheter laboratory, as well as a car raffle that began at the hospital recently.

“People have the chance to win a great Toyota Yaris – and all they have to spend is \$2,” she said.

Cairns Hospital director of cardiology Dr Greg Starmer said staff and patients from the cardiac ward were eternally grateful for the support provided by the Foundation.

“We will continue with efforts to provide high quality cardiac care and sustainability close to home,” Dr Starmer said.

“The current single lab we’ve got is completely overwhelmed. We’re full to the brim which is fantastic

because it shows the community has confidence in this hospital and the cardiac unit. But due to this time of year, tourism, the demographic we support has a higher burden of cardiovascular disease, we have an ageing population, we have a huge geographical area that we need to cover from PNG to Cardwell, so over time the numbers have grown significantly.

“Now we’ve completely overwhelmed the capacity of our one cath lab. This is a full interventional cardiology service. But as yet we don’t offer electrical procedures - abnormal heart rhythms that can be burnt away, a particular type of pacemaker called defibrillators. A second cath lab will enable us to have capacity to deliver those services as well.”

Visit www.cardiacchallenge.com.au or www.fnqhf.org.au

Upcoming Events

September 16-18
Mount Franklin
Cardiac Challenge
[www.
cardiacchallenge.
com.au](http://www.cardiacchallenge.com.au)

November 7
Melbourne Cup
www.fnqhf.org.au

November 17
The Power of Pallets
[www.
thepowerofpallets.
org.au](http://www.thepowerofpallets.org.au)

Can you help us?

WE'VE got a few fun and exciting fundraising art unions now and coming up, but we need your help.

Ticket sellers are URGENTLY needed to help us fundraise for more and improved health services in Far North Queensland.

If you've got a few spare hours that you would be willing to donate, please phone 4226 6553.

Loss motivates family

A FAMILY who lost their beloved husband and father to a second heart attack in April, are motivated by their loss to ride their bikes in the Mount Franklin Cardiac Challenge.

The Nicolaou family of Karen and children Jake and Paige were devastated to lose husband and father Steven in April to a massive heart attack. Steven was 47 years old.

"We lived in Cooktown when he died and we had often seen the Cardiac Challenge riders come into town so we just thought now was the time to do it," Mrs Nicolaou said.

"To be honest it's probably diverted my attention a bit from losing Steven, but it's a healthy positive thing to do and we're making a difference," she said.

Sadly, Steven's family has been plagued with heart issues – his brother had a quadruple bypass at age 39, his eldest brother had a heart attack in the same week and their father had six bypasses and their sister also has a



heart condition.

On the day Steven died, he woke with back and shoulder pain that just did not settle, he had a shower, a massage and finally asked for an ambulance.

Despite valiant attempts to keep him alive, Steven died at the Cooktown Hospital.

"The positive thing is that the children in the family are now being tested for heart issues, and we're taking part in this bike ride to make a difference," Mrs Nicolaou said.

Far North Queensland

Hospital Foundation CEO Tony Franz said there were many stories of participants whose lives had been touched by heart conditions.

"Unfortunately we see it so much, but it's really a big reason why people take part – they're motivated because they want to make a difference," Mr Franz said.

"United together everyone who takes part makes a massive difference to health outcomes in the Far North."

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Mareeba boys fixing hearts

A YOUNG boy travels with his grandfather, who only speaks Italian with some broken English, from the family tobacco farm in Mareeba, 1800km to Brisbane.

The journey happens regularly for little Anthony Brazzale and his grandfather Guido Brazzale as Anthony's parents cannot leave the farm, but Guido needs to visit his electrophysiologist in Brisbane and needs help communicating with his doctors.

It was a time in his life that made such an imprint on young Anthony's mind, that it set his course for life – he set out to, and became, a cardiologist, inspired by his grandfather. "All he wanted was to see me graduate and I did that in 2008 – he died shortly thereafter," Dr Brazzale says.

Dr Brazzale's medical studies were conducted through JCU Cairns and Townsville, before he travelled to Brisbane, the Sunshine Coast and Melbourne to further his education. "My wish is to add to what's here, we have a fabulous cardiology team and my aim is to work with this incredible team

to grow what we have and bring world-class services here," Dr Brazzale said.

It is ironic that his colleague, Cairns Hospital director of cardiology Dr Greg Starmer, also hails from the Mareeba tobacco industry. His father worked for the tobacco growers organisation for most of his working life but Greg's interest in medicine came about through typical boyhood injuries. As a child, Anthony competed against Greg's "little" brother Alex in athletics and often went away together. The pair were fierce rivals and very good friends, and still are.

"I did all the usual things that boys do, ended up in hospital, and the doctors would patch me up," Dr Starmer said. "I always planned to go back to the Tablelands as a rural GP, but I met my wife in Brisbane and while she was furthering her studies, the director of cardiology at the Princess Alexandra Hospital suggested I might have a future in interventional cardiology," he said.

Ironically, Dr Starmer's grandfather also died of a heart attack. "Well before the technology

that we have today. I was only young but it certainly stuck with me." "The biggest thing for me when I went away to study 20 years ago, was seeing the standard of health care in Brisbane compared to what I knew we had in Far North Queensland," he said.

Dr Starmer and many of the cardiac unit always fundraise for and take part in the annual Mount Franklin Cardiac Challenge, a fundraiser for cardiac services in the Far North. He plans to take Dr Brazzale and another new cardiologist shopping for bicycles in the next few weeks.

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said the event made a real difference not only in terms of the equipment it had brought to the region, but also to the lives of participants. "We have many people taking part, who we can see it's changed their life. They're healthier and fitter and leading a more active lifestyle and that's a big part of cardiac health too," Ms Duncombe said.

Dad and son lucky to be alive

PAUL Broomhall simply believes he and his son are lucky to be alive. In a bizarre twist of fate, they both had heart surgery within months of each other and it has been incredibly life changing for them both (pictured).

Although their heart conditions are seemingly unrelated, the family believes it would have to be more than a coincidence. “Jordan’s heart used to race, and mine slowed down to the point of stopping,” Mr Broomhall said. After believing for a quarter of his life that he had epilepsy, one last test to rule out a cardiac condition revealed, he did in fact have a heart condition.

“I was a police officer, had been for more than 27 years and every year or so, I would just collapse. I was on very heavy doses of medication but when I collapsed, I couldn’t carry a firearm and I couldn’t drive a car for a period of time,” Mr Broomhall said.

“It was extremely disruptive to my life – to my whole family’s life and of course to my workmates. But then I fell and hit my head late last year and my neurologist said ‘I don’t think it’s your heart, but let’s just do one last test to be 100 per cent sure’. So they put a loop recorder in just under the skin.”

Loop recorders are used to capture the heart’s activities during a blackout, with programming and data retrieval conducted remotely. Paul’s was implanted in Cairns Hospital. “Well one morning I woke up and I wasn’t feeling well so I rang the hospital and asked them to check my results and they said: your heart stopped for 15 seconds at 4am today, come in immediately,” Mr Broomhall said.

He did, a pacemaker was placed in his chest at the cardiac catheter lab in Cairns Hospital and he has



never felt better. “I’m not upset or angry or bitter that we thought I had epilepsy for so long – I’m just so grateful to be alive.” Son Jordan, now aged 24, was diagnosed with supraventricular tachycardia when he was a teenager.

“He was booked for an ablation when he was 18, which is where they burn some nerves in the heart, but the prospect of a heart procedure at the age of 18 proved too overwhelming and Jordan opted to try and live with his condition. Unfortunately his symptoms continued, and in addition to having supraventricular tachycardia, Jordan was further diagnosed with premature atrial complex,” Mr Broomhall said.

“We got another chance to have it done in Townsville late last year. And his life has improved out of sight ever since. It can be up to a 10 hour surgery, but he was done in five hours. “Jordan’s condition resulted in him becoming unemployed and post procedure he’s working again.”

If Cairns Hospital had a second cardiac catheter laboratory open

at the time, he could have had the procedure in Cairns.

The Far North Queensland Hospital Foundation board has recently approved \$1.4 million towards a second cardiac catheter laboratory to be installed at Cairns Hospital, which in the future could enable electrophysiology to be conducted in Cairns. This would be mean procedures such as Jordan’s could be conducted locally.

Mr Broomhall, formerly Sergeant Broomhall, a training officer with the Queensland Police Service, resigned just months after his surgery. “I just wanted a less stressful life after what we’ve been through.”

While the pair might not quite be ready to ride in the Mount Franklin Cardiac Challenge, they are passionate supporters of the event and health services in the Far North.

“I love the public hospital and I’m so grateful to be here, so I think people should do everything they can to help heart services in Far North,” Mr Broomhall said.

www.cardiacchallenge.com.au

Memory lives on in Mossman

ROGER Gibbons met the love of his life relatively late in life and lost her after three short years.

But her memory will live on forever in a little hospital in Far North Queensland due to the care, compassion and empathy she received from the staff there. Dallas, Texas citizen Marie LeCroy was undergoing cancer treatment through doctors in Dallas, America and the Wesley Hospital in Brisbane but the care she received at Mossman Hospital, north of Cairns had a huge impact.

So much so, that after she died, Mr Gibbons set up a fundraising tribute in her honour, which was finalised recently with the opening of the Mossman Hospital OPG machine.

“We were in Port Douglas for a few days on holidays when Marie became ill and we came to the Mossman Hospital for treatment,” Mr Gibbons said. She had had a special stent installed in her brain to enable methotrexate to be delivered and keep cancer at bay for as long as possible.

But it was while they were in Port Douglas that fluid started leaking from the stent and so the help of Mossman Hospital was sought. “We rang Marie’s doctors in Dallas because of the time difference and they were able to help the Mossman Hospital staff do what they needed to do,” Mr Gibbons said. “Those staff were so caring and compassionate and had so much empathy for what we were going through,” he said.

Sadly Marie died in Brisbane aged 55 just a few weeks later, but Mr Gibbons wanted to give something back to the Mossman community that had so much impact on them both. Fundraising was launched through the Far North Queensland Hospital Foundation website in March 2016 and by July enough had been raised



Photo: Roger Gibbons with some of the staff who cared for his wife Marie in Mossman Hospital - Dr Darryl d'Souza, Kath Anich and Susan Meldrum.

for the OPG machine – a special facial and dental xray device, at Mossman Hospital. “Really without the 53 individual donors, this would not have happened – no matter how much they donated, their gift was extremely generous. Marie’s hairdresser made a donation, her family made donations and even people from local businesses in Port Douglas contributed as well,” Mr Gibbons said.

“Marie’s memory will live there forever and the patients there will benefit forever and because this machine will generate revenue for the hospital, it will help that hospital improve over time as well,” Mr Gibbons said.

“I was incredibly lucky to meet the love of my life at a relatively late stage of life but we had three beautiful years together,” he said.

Mossman Hospital Multi-Purpose Health Service Director of Nursing Peter LeGriffon said when Mr Gibbons approached him for a fundraising idea, he thought he had maybe a couple of thousand dollars in mind. “Roger said to me he was thinking more along the lines of \$50,000 and I nearly fell off my

chair. The great thing about this OPG machine is that it will save people having to go down to Cairns for this test and it will create a revenue stream for the hospital so we can continue to grow and improve our services,” Mr LeGriffon said.

Foundation CEO Tony Franz said he was grateful Mr Gibbons had chosen the Hospital Foundation to assist with the fundraising resulting in this wonderful state-of-the-art piece of equipment being provided to improve the quality of health care in Far North Queensland.





PHOTO: Wayne and Rhonda Leonard with Guillaume Vanthournout and Foundation CEO Tony Franz.

What are the odds?

WHAT are the odds of one ticket bought in a Harley-Davidson art union drawn on your birthday, and your name being called out?

For Guillaume Vanthournout, the odds were one in 18,664, as that is how many tickets were sold.

Receiving a phone call from a mob of burly motorcyclists singing “Happy Birthday” was not how he imagined spending his 31st birthday.

He won the Wayne Leonard’s Motorcycle Muster art union – on his birthday.

“I bought the ticket in July when I saw that it was being drawn on my birthday and then when I got the phone call, I just could not believe it,” Mr Vanthournout said.

Originally from France, he has worked in the mining industry in New Caledonia for the past five years and is currently travelling around Australia.

He plans to keep the bike for his travels around Australia, that he started just a month ago.

“When I saw it in the shopping

centre – I realised it was drawn on my birthday and that the money was going to a good cause,” he said.

He only bought one ticket while the art union was at Cairns Central shopping centre. This year’s Wayne Leonard’s Motorcycle Muster raised more than \$61,077, with funds going towards theatre equipment at Cairns Hospital.

The event is in its 16th year and has raised more than \$700,000 in that time. Hosted by the Far North Queensland Hospital Foundation in conjunction with Wayne and Rhonda Leonard, the fundraising event this year travelled to Mission Beach. Foundation CEO Tony Franz said riders and volunteers did a tremendous job raising so much money for the hospital.

“We all hope it won’t be us, but it’s a fact of life that we might some day need this equipment so it’s reassuring to know that we are helping to provide the latest technology and equipment for our medical and nursing staff,” Mr Franz said.

\$60K raised on muster

MORE than \$60,000 has been raised to help provide drills and saws for the theatre department of Cairns Hospital.

The funds were raised through the annual Wayne Leonard’s Motorcycle Muster, with tickets in a Harley-Davidson art union, the main contributor.

Co-ordinated by the Far North Queensland Hospital Foundation, the event, in its 16th year, resulted in more than 40 motorcycle riders, pillion passengers and car drivers travelling to Mission Beach for the final component.

Foundation fundraising and marketing manager Glenys Duncombe said a great group of community-minded motorcyclists had a wonderful weekend. “We travelled from Cairns to Mission Beach via the Atherton Tableland where we received great community support, particularly from the Millaa Millaa Lions group which donated a fabulous morning tea to the riders,” Ms Duncombe said.

The top fundraiser of the event was long-time participant Bob Ison, who raised more than \$6000 on his own.



Lions step up to the plate

WHERE there is a need, there is a Lion, and nowhere is that more true than at Tully and Mission Beach.

The Tully and Mission Beach Lions Clubs have once again put their fundraising might to good use, and provided two electric lift recliners for the Tully Hospital.

The two chairs were provided at a cost of \$5475 for the 12 bed Tully Hospital.

Tully Club secretary Irene Braddick said the Club has previously provided furniture for the hospital's mental health unit, quilts to new mothers at the hospital.

"This is our local hospital and where there is a need, there is a Lion," Ms Braddick said.

Fundraising occurs via selling tickets at the goose club on Friday nights for meat trays, a stall at the Tully Show, and their annual Christmas Raffle.

"We along with our colleagues at Mission Beach, also donated 10 High Back Day Chairs to Tully Hospital a couple of years ago at a cost of more than \$3000," she said.

Mission Beach Lions Club spokesman Des Roberts said their fundraising efforts include collecting aluminium cans and old car batteries, as well as raffles, barbecues, sausage sizzles and an annual charity golf day.

"Once the decision was made to purchase by Mission Beach Lions Club, we contacted our colleagues at Tully Lions Club who readily agreed to split the funding 50/50," Mr Roberts said.

"The reason for buying the chairs was made after consultation with the therapy department at Tully Hospital as to what equipment they needed to make life better for their patients, along



Photo: Back left to right: Des Roberts of Mission Beach Lions Club, occupational therapist Alison Salleras, Tully Lions Club's Martin Braddick. Seated: physiotherapist Karen Hawkins, Tully Lions Club's Irene Braddick

the lines of our philosophy of serving our community (The Lions Motto is "We Serve")," he said.

Tully Hospital acting director of nursing Sue Williams said some patients have difficulty/discomfort spending all night in bed it is so good to offer them a comfortable option.

"We like to encourage people to get up and sit out of bed, it is important for their recovery and now it will be much better

with a comfortable option. We have nothing similar so it is a huge benefit to our clients," Ms Williams said.

Far North Queensland Hospital Foundation CEO Tony Franz said it was very pleasing to see two Lions Clubs join forces to support the improvement of health care in their local community and their combined donation to the Foundation was very much appreciated.



PHOTO: Mareeba Shire Council’s Angela Toppin, Mareeba Hospital’s Michelle Bombardieri, Robyn George, Leslie and Anne Mills, and Mareeba Hospital’s Vickye Coffey.

Couple’s gifts to Mareeba

MORE than \$60,000 worth of medical equipment for Mareeba Hospital will be a significant parting gift for a local couple.

Leslie and Anne Mills are soon to leave their Tablelands home to move closer to family in Cairns but said they wanted to make one last significant donation to their local hospital of the past 38 years.

Since 2012, they have donated \$160,000 worth of equipment to Mareeba Hospital.

Funded through the Far North Queensland Hospital Foundation, the equipment includes an i-STAT machine for theatre/maternity, two vital signs monitors, a hoist to help lift frail elderly people, a bladder scanner and a hoverjack for bariatric patients.

Mareeba Hospital director of nursing and midwifery Vickye Coffey said staff and patients were very grateful for the purchases.

“Donations such as these help us continue to provide exceptional care to the Mareeba community,” Mrs Coffey said.

“This equipment uses the latest technology on a number of levels – the vital signs monitor provides accurate, up-to-date and efficient patient data to ensure

ongoing patient safety when observations are taken. This helps us make timely decisions about patient care changes when needed. Having the latest technology provides on-the-spot information so that decision-making supports best practice care,” she said.

“Having a new bladder scanner ensures patient comfort, supports bladder health and helps prevent bladder damage.

“The hoist and lifter ensure patient comfort and adds to the pleasure of being able to care for patients with the latest equipment,” she said.

Foundation CEO Tony Franz said it was rewarding to see community-spirited donations like this, making a real difference to patient outcomes.

“And it’s important to show that the Foundation not only supports the Cairns Hospital, but also the outlying centres. These purchases can mean less people have to be transported to Cairns in critical conditions – they can stay in their home community surrounded by loved ones for longer, and it’s less physical stress on the staff as well. We are eternally grateful to Mr and Mrs Mills for their generosity to their community,” Mr Franz said.

Smile helps sick children

THE smile of a child in hospital has inspired donations to help other sick children in hospital.

Sam Breckenridge, was just four months old when a doctor discovered he was weeks away from blindness.

His story, shared through the Woolworths Token campaign in 2016, helped generate almost \$42,000 for other sick kids in the Far North.

This year the funds, distributed through the Children's Hospital Foundation, bought paediatric colonoscopy equipment for Innisfail Hospital.

Sam had a cataract in his eye and required urgent surgery. "Being told your perfect four-month-old baby had a cataract was shocking – I thought only older people got cataracts, not my baby," Sam's mother Sonia said. "The doctor said we needed to be in Brisbane immediately, and before we knew it, we were flying to Brisbane for an operation." Sam



was soon in the operating theatre, and had a hard plastic cover over his eye. The procedure went well, and Sam's family returned home to Cairns. "The doctor was relieved – Sam may have been blind within three to four weeks, had he not had the surgery." Sam's family had a long and winding road ahead, with patching and incorporating a hard contact lens into his life. "Sam was very patient and understood what we had to do to make him better – thanks to his determination, his check-ups are now very minimal and we can go back to living a normal life."

Sam now aged 10, enjoys school, kicking a football around in AFL

training and playing with his friends on X-Box.

Innisfail Hospital Theatre Nurse Unit Manager Donna Low said the extra paediatric colonoscope, which also could be used for adults, would enable local patients to receive a continuous service.

"This will prevent the need to cancel a patient's procedure when a scope needs to be sent away for servicing, as this reduces the number of scopes available for several weeks. This equipment will allow us to provide a service to our local community without interruptions," Ms Low said.

Cassowary Coast has a population of 30,000, 9200 of whom are 18 and under, according to the Australian Bureau of Statistics.

Innisfail Hospital is now home to two of these colonoscopes, thanks also to fundraising by the local community through the Innisfail Friends of the Foundation.

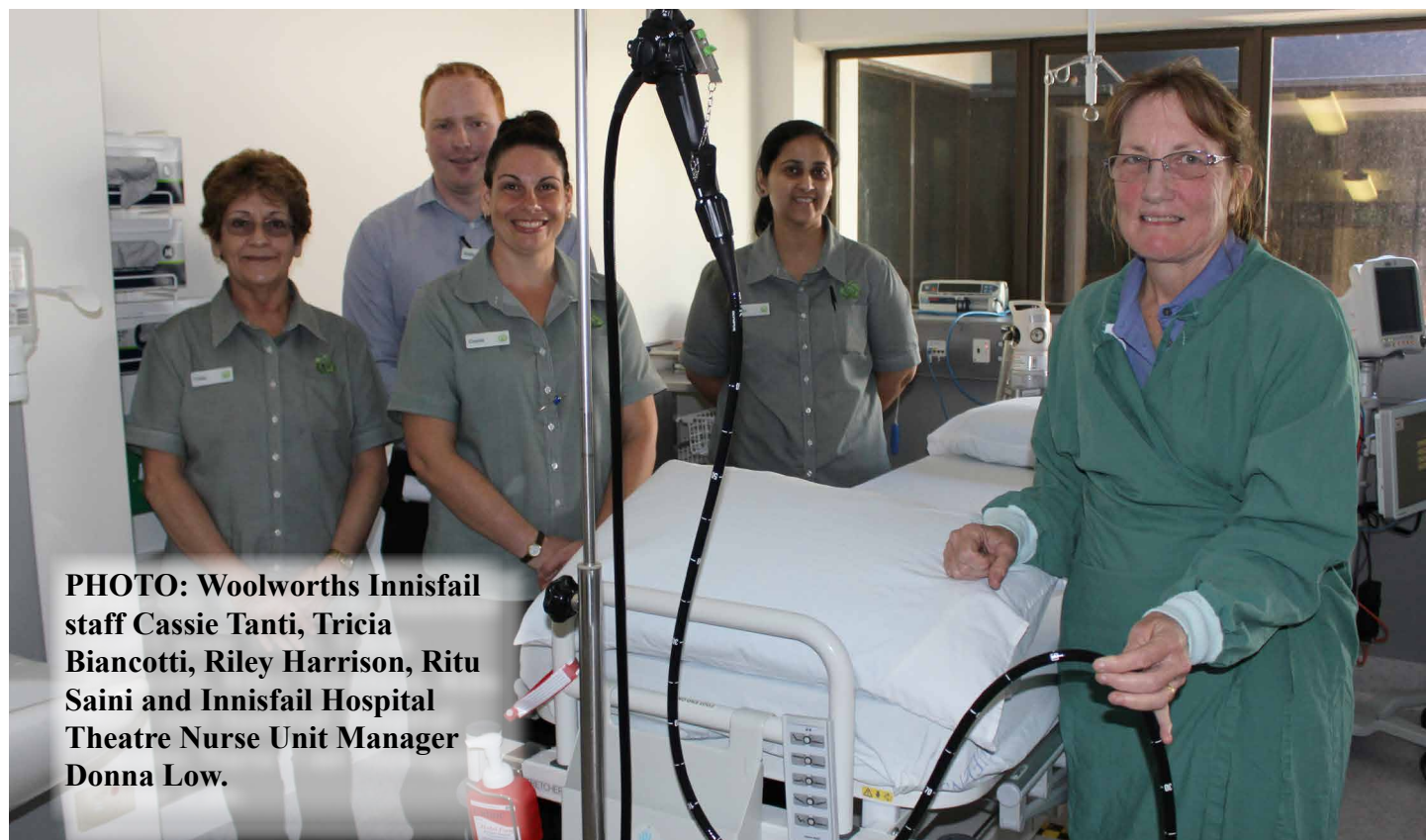


PHOTO: Woolworths Innisfail staff Cassie Tanti, Tricia Biancotti, Riley Harrison, Ritu Saini and Innisfail Hospital Theatre Nurse Unit Manager Donna Low.



Gifts in wills

EVERY day, Far North Queensland residents benefit from health equipment and expertise funded by the Far North Queensland Hospital Foundation.

All funds raised by the Foundation are spent on providing better health care services for people who live in this region.

A bequest to the Foundation will help us to continue improving the health prospects of your community and other communities in the Far North.

Many people mistakenly believe only wealthy people leave money to a charity. In fact, most gifts in wills are made by ordinary Australians, who want to make a difference.

No matter how small, every sum donated to the Foundation is appreciated and put to good use. Every dollar counts.

The Foundation and its staff and volunteers work hard to improve health care facilities throughout the region and your help can make a difference

When you are writing or updating your will, please consider leaving something to the Far North Queensland Hospital Foundation.



Power-ful boost

THEY'RE known as Cairns Hospital's "purple angels" and now they have the power of Ergon Energy behind them - literally.

The Far North Queensland Hospital Foundation's volunteers have been given a boost with an increased sponsorship agreement and important recognition of the relationship.

Ergon Energy's sponsorship funds go directly towards providing the volunteer shirts for the Foundation, which are worn throughout Cairns Hospital and the community.

Foundation CEO Tony Franz said up to 100 individuals give up almost 25,000 hours of their time around the hospital each year.

In addition, hundreds more volunteers lend their support to fundraising events and art unions throughout the year.

"We could not do the work that we do, without our invaluable volunteers and so to have the support of Ergon Energy supporting them when they support us, is of enormous benefit," Mr Franz said.

"We've had this agreement now in place for 11 years, but with the increased sponsorship, over three years, we decided to give Ergon Energy a boost in return and came

up with a revised design for the background with their logo and the words: 'This volunteer is powered by Ergon Energy'," Mr Franz said.

Ergon Energy has an extensive community partnership program, which plays a valuable role in supporting the regional communities it serves. Ergon Customer Delivery Manager Charlie Casa said the Foundation was an important part of that program.

"Ergon has depots with administrative and field staff right across the Far North and into the Torres Strait," Mr Casa said.

"It makes sense to support these community based organisations as our staff live and work there and are actively involved in their communities. So our involvement is not just about keeping the power on – it goes much deeper than that. It's about engaging and supporting our communities. And the Hospital Foundation is an important way that we can do that," he said.

Photo: Ergon Energy staffers Justin Pitts (left) and Leon Allan (right) with Hospital Foundation volunteers Maddeilene Kyaw and Brian Lines.

Fond farewell to fave volunteers



WE do love all our volunteers, but a couple of our favourites have decided to “retire” recently. Pat Dagger started with us on January 17, 1999 and always worked in the ante-natal and maternity sections. Pat convinced Charlie Hando to register with us on January 15, 2005. He always did the shopping trolley and only stopped when the run started to get longer (5.5km) after the hospital upgrade. He became too tired about two years ago and volunteer manager Chirio managed to find the perfect spot for him in the oncology day unit as he didn’t have to be on his feet all the time.



We need you ...



VOLUNTEERS are getting excited about wrapping thousands of Christmas presents during December this year.

The Far North Queensland Hospital Foundation is looking for volunteers to help wrap presents at Cairns Central.

Foundation volunteer manager Anne Chirio said almost five kilometres of wrapping paper is used during the annual fundraiser.

“In the month leading up to Christmas, 476 volunteers work hard wrapping thousands of odd-shaped presents for a gold coin donation,” Ms Chirio said. To volunteer for Christmas Wrap, the hospital or our events, telephone Ms Chirio on 4226 8993.

Moroccan vegetarian tagine

THIS vegetarian tagine is full of healthy goodness and with all your daily recommended intake of vegies in one serve, is good for your hips and your hip pocket. Not only is it low-GI, low-fat and diabetes-friendly, it has a subtle blend of apricots and spice so it tastes great too! If you feel the need for meat just add stir fry cut beef, lamb or chicken in step 1 after the onion has softened.

Looking for a quick short cut for lunch tomorrow at work or home? That's easy. Spoon the tagine in a wrap with a little rocket and a squeeze of lemon. Take a small container of yoghurt for dipping with you to work and hey presto an awesome lunch. Toast the wrap if you wish for a crispy bite.

We serve our very popular Moroccan lamb roti in both dcafé and Sea Breeze Café so feel free to let us make it for you.

What you need

1 tbspn oil, 1-½ finely chopped medium brown onions, 4 tspns Moroccan seasoning, 1 tspn cinnamon, 5cm piece grated fresh ginger, 5 crushed garlic cloves, 2 halved, thickly sliced medium carrots, 650g butternut pumpkin cut into 3cm cubes, 100gm dried apricots, 1-1/2 cups vegetable liquid stock (or water), 400g can crushed tomatoes, 1/2 (500g)



cauliflower cut into small florets, 400g can chickpeas - drained and rinsed, 1 medium zucchini - quartered and thickly sliced, 2 tbspn honey, ½ tspn chilli flakes (optional), fresh coriander sprigs, and a spoon of yoghurt to serve.

Method

1. Heat oil in a large heavy-based saucepan over medium heat. Add onion. Cook, stirring, for 3 to 4 minutes or until onion has softened. Add Moroccan seasoning, cinnamon, ginger and garlic. Cook, stirring, for 1 to 2 minutes or until fragrant. 2. Add carrot

and pumpkin. Cook, stirring, for 1 minute or until combined. Add stock, apricots and tomato. Cover. Reduce heat to low. Cook, stirring occasionally, for 20 minutes or until vegetables start to soften. 3. Add cauliflower. Stir to combine. Cover. Cook for 10 minutes or until vegetables start to soften. Add chickpeas, zucchini and honey. Cover. Cook, stirring occasionally, for 10 minutes or until vegetables are tender. Season with salt and pepper. 4. Spoon on yoghurt and sprinkle with coriander sprigs. Serve with couscous.

- Yes, please keep me informed about activities at the Foundation.
- Yes, please send me more information about becoming a volunteer with the Foundation.
- Yes, please send me more information about the "Friends of the Foundation".

Please name your region _____

- Cooktown Mareeba Mossman Gordonvale
- Cow Bay Cairns Babinda Innisfail

Yes, please send me more information:

- Fundraising In Memoriam Gift in Will Services

Phone for more info: PO Box 957 Cairns Queensland 4870

P: 07 4226 6553 F: 07 4226 6663 E: fundraising@fnqhf.org.au

W: www.fnqhf.org.au

- Yes, I would like to help the Hospital Foundation with a donation of

\$.

PAYMENT METHOD

- Visa Mastercard Cheque If you wish to receive a receipt please tick this box and it will be posted within 14 days.

or you can donate online: www.fnqhf.org.au

Signature _____ Expiry date _____

Name _____

Email _____

Address _____

City _____ State _____ Postcode _____