

Brave hearts

Troy and Christopher Richardson

The Richardsons first heard the dreaded news that no parent wants to hear – that there was "an issue" with their unborn child's health – during a routine scan at 20 weeks.

Several years on, Daniel Richardson's heart is working overtime to keep him alive, spurring his father, Troy, and big brother, Christopher, 13, to train even harder for the 2013 Cardiac Challenge later this month.

The youngest of five, Daniel was born with severe and complex heart defects and is already the veteran of several cliff-hanging cardiac procedures.

He faces another major operation next year, which hopefully will enable his heart to keep functioning until adulthood, when he will most likely require a heart transplant.

"Daniel will need cardiac care all his life, so it is reassuring to know that the Cardiac Challenge will be there to support him, by raising funds every year to improve cardiac care services in this region," said Mr Richardson.

In late 2009, he and his wife, Cath, a school teacher, were obliged to leave their four children in the care of relatives and travel to Brisbane so that Daniel could be delivered at the Mater Children's Hospital, with a paediatric cardiology team on standby.

"These defects reduced the oxygen levels in Daniel's blood and basically affected his ability to breathe properly."

Daniel was well enough to be allowed to go home to Cairns with his parents before Christmas.

"We were probably lucky," observed Mr Richardson.

"We only had to spend two weeks in Brisbane – there were parents who had been there for several months."

During another trip to Brisbane for surgery when Daniel was 17 months old, his parents got to know a young doctor named Ben Reeves – who was appointed the first paediatric cardiologist at the Cairns Hospital, in 2011.

"It was comforting to know that there would be a specialist available if something happened to Daniel," said Mr Richardson. "And it was great to find out that the new specialist was someone with whom we had already developed a rapport – and who knew Daniel.

"People in places like Brisbane don't appreciate how good it is to know that kind of support is close at hand."

The Foundation has funded several major pieces of equipment to help Dr Reeves to care for young heart patients like Daniel.

Last year, the paediatric cardiologist demonstrated his gratitude by taking part in the 2012 Cardiac Challenge. This year, Troy and Christopher Richardson plan to join him.

While they are peddling to Cooktown on their new bikes, Daniel will probably be trundling up and down the patio at home on his trike, getting on with life as a three-year-old.

If you would like to sponsor one of the Richardsons, click on the website addresses below:



Daniel Richardson (centre) "helps" his big brother, Christopher (left) and father, Troy (right) prepare for the 2013 Cardiac Challenge



Daniel in ICU at the age of six weeks

Michelle Clyne

After cardiac surgery in Townsville, as soon as Trinity Beach grandmother and heart attack victim, Michelle Clyne, got home from the airport, she jumped on her bike and pedalled to the pharmacy to have a prescription filled.

"The pharmacist wasn't happy about it," admitted the 62-year-old, "but what could I do? It was too hot to walk and I wasn't allowed to drive."

The hard-working manager of a resort at Yorkeys Knob, Ms Clyne doesn't let anything slow her down – not even the heart attack she experienced on 14 August last year.

Just after midnight on 1 April this year, she became the first person to register to ride in the 2013 Cardiac Challenge.

She has her doctor's tick of approval. In fact, Ms Clyne observed that her GP was "tickled pink" when she signed up for the ride.

"He loves the idea," she said. "He is doing the Cardiac Challenge as well, and so is his wife."

Last year's heart attack was a shock, but not a surprise.

"It's hereditary," said Ms Clyne. "Mum died at the age of 54 and Dad at 62."

But since she has "never been a couch potato", Ms Clyne still wasn't expecting to wake up that August morning last year "feeling as if a truck had run over me".

When the pain began, she dialled Triple 0 – and was more than happy with what happened next.

"I had absolutely amazing treatment from there on in," she said. "I was spoilt rotten at the Cairns Hospital."

Less than a week later, she was transferred to Townsville Hospital for surgery to clear two partially blocked coronary arteries. Arteries cleared, she returned to Cairns and hit the ground running.

Ms Clyne began walking her dog, swimming and biking, on a daily basis. By the end of March this year, she felt fit enough to contemplate a major challenge – the Cardiac Challenge.

"I was looked after so well at the Cairns Hospital that I wanted to give something back," she said.

Ms Clyne ramped up her training regime and is now pedaling about 20 kilometres a day, and tackling bigger rides on the weekend.

She has come a long way over the past year and is currently focused on one goal.

"I just want to get over the finishing line in Cooktown, so I can say, 'I bloody well made it – now where's my drink?'," she laughed.

If you would like to sponsor Michelle Clyne, click on the website below:

www.cardiacchallenge.com.au/michelleclyne



Pump it up! Michelle Clyne can't wait to take part in the Cardiac Challenge

Surf's up!

Fancy a foam-filled, fundraising adventure? Then sign up for the 2013 Jet Ski Fundrun – quick!

Registration is now open for the annual jet ski jaunt from Cairns to Fitzroy Island on 16 November. Sign up now and you will be eligible to take advantage of the Early Bird registration fee of \$60 (which will increase to \$75 from 1 November).

This modest fee covers breakfast on the Esplanade, a delicious lunch at the Fitzroy Island Resort and a presentation event that night at the Salt House restaurant.

Participant (both riders and pillion passengers) are also required to raise a minimum of \$300 for the Hospital Foundation.

Funds raised from the event are used to provide a more comfortable environment for terminally ill patients (and their families) in the Cairns Hospital Medical 4 Oncology Ward.

For further information, [Click here](#). or call Paula: 4226 6723



Recreational Jet Ski fundraising event departing from Cairns to Fitzroy Island. All funds raised benefit the Tranquillity Room for cancer patients at Cairns Hospital



Unit's Jet Ski Fundrun

16 November 2013

Entry \$60
(\$75 after 1/11/13)

Be part of the action this year!

Inquiries: (07) 4226 6723
www.jetskifundrun.com.au
www.facebook.com/pages/Units-Jet-Ski-Fundrun

Far North Queensland Hospital Foundation
Block E, Ground Floor, Hospital Car Park
Cnr Digger & Grove Street, Cairns, Qld 4870



Listen to your heart

It's the little things that count – like listening to the steady heartbeat of your unborn child as you labour to bring them into the world.

This kind of reassurance was beyond price to Matilda Nori, whose first two babies were delivered stillborn in her home country, Papua New Guinea.

She travelled to Cairns when she was 34 weeks pregnant with her third child and when she went into labour three weeks later, a small wireless device available in the Cairns Hospital Birth Suite provided her and husband, Michael, with unwavering evidence that their son, Jehoshaphat, would enter the world hale and hearty.

The Avalon CTS Cordless Foetal Transducer System allows women in labour to continue moving around, and even enables them to take showers or baths, while their unborn babies are being monitored.

Previously, women who required foetal monitoring in the Birth Suite were confined to bed, 'tethered' by wires to stationary monitoring machines.

Cairns Hospital midwife, Carly Fitzpatrick, said that women in labour who were able to ease their discomfort by moving about and/or bathing were likely to require less pain-relieving medication and other procedures to reduce pain.

The Foundation was happy to provide three of the wireless monitoring devices, at a total cost of more than \$40,000, to the Cairns Hospital Birth Suite.

As for young Jehoshaphat, he entered the world weighing a respectable 2.5 kilos and was able to head home to PNG with his parents within a week.



Baby Jehoshaphat no longer needs a wireless foetal monitor to make himself heard – as he recently demonstrated to his parents, Michael and Matilda Nori

Volunteers flex fundraising muscles

About 150 Foundation volunteers stepped up to the mark to assist athletes during this year's Cairns Airport IRONMAN, which attracted more than 2000 competitors from around Australia, as well as overseas.

Every June, the Foundation hits the ground running to help the event organisers, who donate money to the Foundation based on the number of volunteers provided for the adrenalin-filled triathlon.

Stationed at the triathlon's T2 transition stage at Smithfield in Cairns, the volunteers were kept on the hop all day as waves of cyclists sped in to exchange their bikes for running gear, before setting off on the run.

With the race clock ticking, some volunteers hurried to take charge of the bikes and carefully stow them in racks, while others handed the athletes their running gear bags and directed them to the change tents. More volunteers were stationed inside to assist the athletes to change quickly and slap on additional sunscreen, where necessary (not forgetting the odd bald head)!

When the athletes shot out the back of the tents, a line of volunteers stood waiting to offer them cups of water, hastily snatched as they ran past. Some sweat-soaked competitors drained the water down their throats, while others threw it over their heads as they headed for the exit, where additional volunteers were stationed to ensure the coast was clear, traffic-wise.

All up, the Foundation volunteers (including motorcyclists recruited to transport film-makers and photographers along the triathlon road routes), turned the IRONMAN into gold for the charity, raising more than \$18,000.



You can lead an athlete to water...

Breathing for babies

A new ventilator modified for use in MRI scanners will enable Cairns Hospital Special Care Nursery staff to more easily diagnose whether babies with breathing difficulties have brain damage.

The MRI Compatible Ventilator will breathe for babies who can't breathe for themselves, while they are undergoing crucial testing to help diagnose their condition and predict the outcome.

Conventional ventilators cannot be used inside MRI scanners because they contain metal which is not compatible with the magnet in the scanner and electrical circuits which can be disrupted by the MRI.



Dr Alison Tigg

The new \$12,700 ventilator, purchased by the Far North Queensland Hospital Foundation, is made of different metals and has special protection for the circuitry.

Before this new equipment arrived just over a month ago, the task of performing an MRI scan on a baby reliant on ventilator support was much more challenging, according to staff specialist paediatrician, Alison Tigg.

"While the baby was in the MRI scanner, a staff member had to lie beside them inside the machine and ventilate them by hand for up to 45 minutes," she said.

"It is very difficult to replicate steady breathing by hand."

Nevertheless, MRI scans were a crucial diagnostic tool when it came to determining whether a brain problem was affecting a baby's ability to breathe normally, Dr Tigg added.

"We need to perform a series of MRI scans at specific stages in the baby's life, in order to obtain the maximum amount of information," she said.

"This will help with the diagnosis and also assist us to give parents the likely long-term outlook for their baby."

Cheers to Dry July!

The Foundation was keen to drive people to drink ... some delicious, non-alcoholic concoctions during a special "Mocktail Hour" organised at the Sea Breeze Cafe on 5 July to hail the onset of Dry July.

A range of mocktails, flavoured with exotic fresh fruit juices and audacious dashes of spice, were available for the delectation of guests, along with some tempting canapés crafted by the Sea Breeze catering team.

For a gold coin donation, they enjoyed the opportunity to sip, nibble and socialise... safe in the knowledge that the gathering would be free of alcohol-induced indiscretions and Saturday morning would hold no hangover-induced horrors!

This year, 224 people raised almost \$34,000 for the Foundation, after registering for Dry July and taking the pledge to avoid alcohol consumption for the entire month. The funds they raised will be used by the Foundation to enhance the lives of cancer patients through the improvement of oncology facilities at Cairns Hospital.



No spirits required ... Foundation Commercial Operations Manager, Steve McGuinness, and Sea Breeze staff, Allisandra Plasto (left) and Renee Milici (right) were already in good spirits at the start of the Mocktail Hour

Wet ones!

Ever fantasized about embarrassing your boss? You are not alone!

The Dunk Your Boss event, organised by Sea FM Give Me Five for Kids, raised \$13,000 for the FNQ Hospital Foundation's Paediatric Playground Project, which aims to construct a state-of-the-art playground outside the children's ward at Cairns Hospital.

Among those bosses queued for a dousing at the Cairns Coconut Holiday resort on 21 June were the proprietor and events manager of the popular waterfront eatery, Salthouse: Fintan Rafferty and Olivia White.



Which dream would you choose?

The best – and the worst thing – about the **Live Your Dream Art Union**, is the number of fantastic prize options. If you won, how would you decide? Which prize would tempt you the most ...?

If you are the kind of person to be found sitting on the edge of your arm chair in the early hours watching major sporting events on TV, then you might leap at the **Level Four National Sports Events and Extreme Ritz** prize, which will give you two tickets to one of America top sporting events, like the US Open Grand Finals, the US Masters Golf Tournament or the Super Bowl.

Those who yearn for a Roman holiday or la dolce vita under the Tuscan sun would gladly accept the opportunity to

savour **Italian Artistry, Culture and Cuisine**. Picture you and your companion, admiring ancient monuments in Rome and Renaissance art in Florence; sampling delicious local cuisine; receiving cooking tips from top chefs and; taking an intoxicating tour of Tuscan wineries.

If a full English breakfast, followed by a right royal time visiting world famous monuments is more to your taste, then you won't hesitate to **Explore the United Kingdom's Historic Splendour**. You'll experience the best of British: jaunting around London's famous sites, before making a stately tour of Scotland, staying at deluxe country house hotels. As for shopping, who wouldn't fancy a trip to Harrods or a stroll through the Portobello Road Market?

Flick through the pages of any women's magazine and they will be feature photos of the famous (and infamous) emerging from designer label boutiques in Beverley Hills. You could join them if you choose to **Experience the best of California and Nevada**. Imagine enjoying your own Beverley Hills shopping spree; strolling the streets of San Francisco; touring Californian wineries and swooping over the Las Vegas Strip in a helicopter!

Ever wondered what it would be like to sit in the star-studded audience at a major L.A. award ceremony? Wonder no more, if you decide to Go for the **Grammy Gold, then unwind in Scottsdale!** You and your companion will have the chance to mingle with top musical artists and other show business legends at the 2014 Grammy Awards and attend the exclusive "After-Party", before heading off to relax at a deluxe resort in Arizona.

For more information about the Live Your Dream Art Union, visit www.fnqhf.org.au



Swing time

The ANZ Bank put the "tee" into charity on 5 July.

Participants in the ANZ Golf Day, held at the Paradise Palms Resort and Country Club, quickly got into the swing of things, and managed to raise \$12,752 for the Foundation. FNQ Hospital Foundation Board Chairman, Ken Chapman (left) was happy to accept the hefty cheque from ANZ Bank Regional Executive, Ross Matthews.



Karate kids with fundraising clout!

A group of young karate students in Cairns relied on disco moves, rather than martial arts to help them raise \$1,000 for the Far North Queensland Hospital Foundation.

The children, all members of the Matsumoto Karate Academy, decided to hold a series of discos on the Academy clubhouse premises in Anderson Street and donate the admission proceeds to the Hospital Foundation.

They were inspired, in part, by the President of the Matsumoto Karate Academy, Gail Walker, who is a Senior Medical Education Officer with Queensland Health in Cairns.



Pictured with Paula Campion (from left) are Taiga and Airi Hashimoto, Courtney Kettle, Owen Downey, Kaitlyn Rows and Cocona Sakamoto

Several of the canny karate kids recently presented the \$1,000 cheque to Paula Campion, the Fundraising Coordinator of the Far North Queensland Hospital Foundation.

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 café, is a firm believer in culinary creativity.

Using your loaf ...

A plain loaf cake is the perfect blank canvas for cooks who want to get creative: you can assemble a different palette of ingredients whenever you like. And don't be afraid to substitute ingredients, depending on the contents of your pantry and fridge. For example, the following recipe for Lemon-Blueberry Yoghurt Loaf could be converted into a variety of other tempting treats, by ...

- Swapping the vegetable oil for olive oil
- Substituting a few tablespoons of the vegetable oil with a nut or coconut oil
- Using grapefruit, oranges, blood oranges or limes, instead of lemons
- Swapping blackberries or raspberries for blueberries
- Using 1/3 cup of poppy seeds, instead of the blueberries, to make a lemon-poppy cake
- Adding 1/2 cup of toasted, chopped walnuts or pecans
- Using almond extract, instead of vanilla extract

Lemon-Blueberry Yoghurt Loaf

Ingredients

(cake)

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1 cup plain whole-milk yoghurt
- 3 extra-large eggs
- 2 lemons
- 1/2 teaspoon pure vanilla extract
- 1 1/2 cups blueberries (fresh or frozen), thawed and rinsed
- 1/3 cup freshly squeezed lemon juice
- 1/2 teaspoon salt
- 1 cup sugar
- 2 teaspoons grated lemon zest
- 1/2 cup vegetable oil

(glaze)

- 1 cup powdered sugar
- 2 tablespoons lemon juice

Method

Preheat oven to 350 degrees F. Grease and flour a loaf pan or line with greaseproof paper.

Sift together 1 1/2 cups flour, baking powder and salt into a bowl.

In another bowl, whisk together the yoghurt, sugar, eggs, lemon zest, vanilla and oil. Slowly whisk the dry ingredients into the wet ingredients.

Coat the blueberries in flour, and then fold very gently into the batter.

Pour the batter into the prepared pan and bake for about 50 (plus) minutes, or until a cake tester placed in the centre of the loaf comes out clean.

Meanwhile, heat the lemon juice and 1 tablespoon of sugar in a small pan, until the sugar dissolves and the mixture is clear. Set aside. When the cake is cooked, allow it to cool in the pan for 10 minutes, before flipping it out onto a cooling rack over a sheet pan

While the cake is still warm, pour the lemon-sugar mixture over the cake and allow it to soak in (a pastry brush works well, along with a toothpick to make tiny holes in the cake surface that will help the syrup absorb more).

Whisk together the powdered sugar and 2 tablespoons of lemon juice to produce the glaze

Once cake is completely cooled, apply the glaze



Additional suggestions

- If you make an orange version of this cake and add 1 cup of chocolate chips to the mixture, you will create something reminiscent of a Jaffa Cake
- This recipe will also yield about 12 standard muffins or 36 miniature muffins, baking time adjusted.
- You can double the mixture and bake in a well-greased and floured pan, baking time adjusted.
- This recipe could also be baked in an 8-inch square or 9-inch round tin, to create a thin cake (about 1 1/2 inches tall), baking time adjusted.

[Click here to download and print the recipe](#)

Donations and grants

\$4,122	Paediatric Playground	Cairns Parenting Companion
\$1,658	Paediatric Playground	CCE - Bendigo Bank
\$5,000	Gordonvale FoF	Harvester Cabaret
\$2,310	Paediatric Playground	CCW Cabinet Works
\$2,000	Cardiac Challenge	Big Cat Green Island Reef Cruises
\$9,000	Cardiac Challenge	Airfirst Pty Ltd
\$67,000	Mareeba Hospital	Mills Family Foundation
\$1,530	Paediatric Playground	Lane Orthodontics
\$1,528	Paediatric Playground	Enjoy Life Dinner Cabaret
\$1,000	Paediatric Playground	Matsumoto Karate Academy Inc
\$2,555	Paediatric Playground	Freemasons Gregory Lodge
\$1,000	Paediatric Playground	Island & Cape
\$1,000	Paediatric Playground	LDI Constructions (QLD) Pty Ltd
\$10,452	Paediatric Playground	ANZ Golf Day
\$2,400	Paediatric Playground	ANZ Golf Day - Paradise Palms Resort & Country Club
\$1,000	Paediatric Playground	Union Jack Hotel
\$4,048	Paediatric Playground	OLHOC Cardiac Challenge Team - Swisse Color Run BBQ
\$6,000	Gordonvale FoF	Gordonvale Cottage Markets Association Inc.
\$2,000	Mongol Medics	CSM Safety Services Pty Ltd
\$2,000	Cardiac Challenge	Curtsin Bros QLD Pty Ltd
\$1,000	Cardiac Challenge	Macro Energy
\$1,350	Paediatric Playground	AAB Equipment Pty Ltd
\$1,916	Paediatric Playground	The Good Guys Foundation
\$3,000	Cardiac Challenge	Enigma Business Products
\$22,666	Paediatric Playground	Sea FM 99.5 - Give Me Five for Kids
\$22,500	Paediatric Playground	USM Events
\$5,740	Cardiac Challenge	USM Events
\$29,453	Paediatric Playground	The Color Run Australia

thank
you!



putting the pieces together
for a healthier north



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