



Cardiac conquered

GREAT OUTCOME:
Cyclists from around the country arrived in Cooktown in September after mastering the Mount Franklin Cardiac Challenge.



SPRING 2016

A RECORD 350 cyclists took to the Mulligan Highway in September to raise funds for cardiac services in Far North Queensland.

Celebrating its 10th year, the Mount Franklin Cardiac Challenge drew cyclists from around Australia and overseas for the epic bike ride from Cairns to Cooktown.

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said the cyclists, supporters and volunteers travelled the 333km journey together, achieving a fundraising goal of \$302,203.

“We’ve had great support from the police, especially when we closed the (Kuranda) range, as well as from the general motoring public who were very patient during the closure,” Ms Duncombe said.

The Foundation arranged for the



up lane of the Kuranda Range to be closed for two hours on the Saturday morning, enabling 200 cyclists to ride the range. In fact, the range was able to be opened earlier than the permit required. “We expected to have it shut from 6am to 8.45am but we had it open again at 7.30am,” she said.

The top fundraising team was Cairns Hardware who raised almost \$20,000, followed by SixPack and Cairns Regional Council Cruisers.

Top individual fundraiser was Matt Rippin who raised more than \$9000, followed by Tony Nastasi and Bronwyn Reid.



Pallets aid cancer cause

STUNNING pallet-based furniture and artworks will help the Far North Queensland Hospital Foundation buy equipment for cancer patients.

SeaFM's The Power of Pallets Auction and Cocktail Party on October 29, raised more than \$20,000 in an action-filled night of fun, food, dancing, secret bids and celebrity star-power.

Event founder Kate Fern said she was thrilled that such a good outcome resulted from months of hard work by everyone involved.

"I actually know quite a few people personally who are going through a cancer experience at the moment so this is really pertinent for us that the money is going to cancer services this year," Ms Fern said.

Funds are still being tallied but this year's outcome definitely outshines the previous two events, she said.

"Jamie Durie and his local brother and his family had a great time and Jamie had a great time getting to know the locals, posing for thousands of selfies," Ms Fern laughed.

The most expensive item bought on the night was the Game of Thrones chair made by the team from The Deckstore, which went to an anonymous buyer for about \$2000. Other items on the night fetched up to \$600 and \$800 each, she said.

Prizes were awarded by Lords Insurance Services for the highest fundraiser (Game of Thrones chair) and Jamie Durie and Sue Cooper from LJ Hooker Yorkeys Knob announced the winners of the best items on the night as Eden and Wade (Business entry), Gordonvale High School (School), Babinda Men's Shed (Community Group) and Steven Hutchins (Individual).

Other highlights on the night

were an opening dance by Tribal Pacific, book signings of Jamie Durie's new book Living Room and dancing to a live band after the auction.

Foundation fundraising coordinator Nicole Gibson said the night was a great way for the community to come together and share their skills, have fun, while fundraising for a local cause.

"We all know someone who is affected by cancer and we at the Foundation are always working hard to bring equipment to this region that we wouldn't otherwise have here," Ms Gibson said.

"The community holding events like this, help us make a difference to people's lives," she said.

Special thanks to our sponsors LJ Hooker Yorkeys Knob, Lords Insurance, BNI Rainforest, Cairns Plan Printing, Cairns Hardware and Cairns Steel Fabricators.

Far North Queensland Hospital Foundation

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Jump on a jetski for fun fundraiser



TICKETS are selling and participants are registering in the 2017 Trinity Powersports Sea-Fari island hop.

The annual jetski-powered island hop is an aquatic adventure, perfectly timed to take place on Australia Day 2017.

This year's event has drawn the attention of national motorsport commentator Greg Rust, who is donating his time to take part, as well as international film company JetskiTV.

Participants will have an aquatic adventure to remember forever while helping cancer patients and their families in Far North Queensland.

Considered one of the most spectacular jet-ski routes in the world, the event raises money for the Cancer Care Ward at Cairns Hospital via donations to the Far North Queensland Hospital Foundation.

The funds raised are used to enrich the lives of people undergoing treatment for cancer in Far North Queensland.

Sea-Fari is in memory of Cairns Hospital cancer patient Brian "Unit" Wilson whose vision for an aquatic fundraising event has generated more than \$130,000 since its inception in 2011.

Leaving from Yorkeys Knob, the event takes a coastal route to Double Island and Scout's Hat Island off Palm Cove, then onto Wangetti Beach, Low Island and finally into Port Douglas for lunch.

The theme is Be Iconic and teams are encouraged to snap the most iconic group shots they can at each location then post them to Instagram or Facebook. The most iconic shots will go into the draw to win some great prizes.



Trinity Powersports Sea-Fari is a team event however individuals can still enter if they wish.

There are no restrictions on how many craft in a team however riders are restricted to the maximum number of seats available on the craft, usually 1-3.

Entrants are defined as riders and include the craft skipper and any pillion passengers. Entry fees are \$80 per rider which includes lunch in Port Douglas. Entrants also must fundraise a minimum of \$200 each to participate.

In order to raise the minimum required fundraising amount, teams are encouraged to work together in shifts to man the Far North Queensland Hospital Foundation's art union stand located in key Cairns shopping centres. Tickets are \$2 each and the prize is a Sea-doo GTI 130 personal watercraft including trailer

REGISTER NOW FOR
TRINITY POWERSPORTS

Sea-Fari

**Great Barrier Reef
Charity Island Hop**

JOIN Greg 'Rusty' Rust and the Star FM team
for this jetski powered adventure

WHERE: from Yorkeys Knob
to Port Douglas

WHEN: Australia Day,
Thursday, January 26, 2017

Visit seafari.org.au to register

STAR FM **TWW** **JETSKI TV**

PULLMAN **NOVOTEL**

20th Anniversary
hospital foundation

Funds raised will assist the Far North Queensland Hospital Foundation improve services for cancer patients.

Sponsored by the **Cairns Post**



Putting the FUN in FUN-draising

MELBOURNE Cup was a massive day for our fundraising team – with two groups of volunteers and staff working hard at Nunu Restaurant Palm Cove, and the Reef Hotel Casino in the city.

Both functions were successful, with the Reef Hotel Casino function raising about \$4000 and the famous horse race on the beach at Palm Cove generating more than \$17,000.

This is the 13th year that Nunu Restaurant has supported the Foundation through this event, and brings the restaurant’s contribution to more than \$100,000.

The fact the restaurant hosts possibly the only Melbourne Cup Day horse race on the beach in Australia, generated massive publicity, including national publicity courtesy of Sky News, this year.

Nunu Restaurant hosted 190

fun-lovers for their “diamonds and pearls” themed four-course tasting menu, fashions on the field, live horse race, sweeps, auctions and prizes.

At the Reef Hotel Casino function, prizes were awarded for best dressed male and female and the event was hosted by Dave and Inkie from Star 102.7FM. Attendees received a glass of Mumm champagne on arrival, seafood buffet, door prizes and Foundation sweeps.





WE GIVE THANKS: Recently we had the opportunity to say thank you to Rachel and James Fennell of Urban Properties (top left), and the crew from The Property Shop (Lance Edwards, Ben and Julie Johnston) for their donations via their Big Cause campaign.

Thank you to those events and individuals who have made a donation over \$2000 to us in the first quarter of this financial year.
 \$20,000 - Urban Properties Cairns
 \$8,168.00 - USM Events Noosa
 \$19,621.25 - Event Hospitality & Entertainment
 \$2000 - Enigma Business Products

\$5000 - Cook Shire Council
 \$4917 - Community Grants - Commonwealth Bank of Australia
 \$4612.30 - Commonwealth Bank
 \$5000 - Cairns Property Shop
 \$2200 - St Stephen's Catholic College
 \$5000 -Taisei Kanko Australia.



WE had a fabulous morning in October, supporting local mental health workers for Mental Health Week. The Foundation was a sponsor of the Awareness Walk promotion. CEO Tony Franz said the Foundation believes it is important to be involved in health promotion within the community, as well as grants for equipment, education, training and research. “Twenty percent of the population will be diagnosed with a mental health condition within the next 12 months and over the course of their lifetime, 45 percent of the population will face a mental health condition,” Mr Franz said.



Grateful recipients

THE increasingly popular Entertainment Book is a fabulous way to gain discounts on eateries and accommodation not only across the Far North, but around the nation.

When you buy your copy of the Entertainment Book, you can do so through the Foundation, ensuring 20 per cent of the sale proceeds goes to us. In the past year, the Foundation received almost \$1500 – every cent makes a difference to improving health services in Far North Queensland. www.entertainmentbook.com.au/orderbooks/9118k34

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Volunteer's charitable yoga valued by patients

IT simply does not occur to Thelma Bryan, not to help others.

While the 86-year-old might have plenty on her own plate to deal with, she mentally puts that to one side to support other people.

The feisty swimmer and volunteer donates her skills as a yoga teacher once a week at the Cairns Hospital mental health unit, to help patients.

Cairns Hospital Mental Health Unit therapy assistant Jo Abbatangelo said Thelma has the gift of encouraging patients to believe in themselves.

“We have had many patients give us feedback over the years on how invaluable their experience of yoga was while at the hospital. Thelma works tirelessly each week to bring a sense of deep relaxation and wellbeing to patients on the wards,” Ms Abbatangelo said.

“I just do it because it's so rewarding. They know that I have some health issues but they just accept me as I am. People tell me, or give me cards telling me that I've helped them relax when they were at a time in their life that they were experiencing grief and stress, so it's wonderful to know that I've helped someone,” Mrs Bryan said.

Far North Queensland Hospital Foundation volunteer manager Anne Chirio said she loves to see the volunteers come in every day when they sign in and out. “Thelma always spares some time to have a chat when she comes in and she is a very familiar sight on her tricycle around the hospital,” Ms Chirio said.

Not only does Mrs Bryan donate her time, she donates her money as well. She recently donated another \$1500 to the Foundation – bringing her and husband's Mike's contribution to more than \$20,000. “It's not the only group that we support, but we like to make a donation, knowing that the money stays here and really does help people,” Mrs Bryan said. “We



like to support organisations that help society.”

In January 2017, Mrs Bryan will celebrate her 26th year of volunteering at Cairns Hospital.

As well, Mrs Bryan is a famous masters swimmer. In the 85-89 years age group last year, her 400m individual medley was ranked first in the World Top Ten 50m pool list, and her 100m and 200m butterfly both world seconds. To walk, she is limited by problems resulting from three hip replacements on the left and two on the right. But the weightless sensation of swimming gives her free movement in the pool.

She also has been involved in swims to raise funds to support others with health conditions – a memorable one being her four kilometres last year for Motor Neurone Disease

She has a pacemaker, emphysema, and macular degeneration. She is the carer for her husband, who has a neurological condition. “We didn't have any children so we just look after each other,” she says.

She laughs when she recalls talking to her cardiologist just before her pacemaker was installed.

“Here I was, this little old lady with white hair peering at him from beneath the sheet and I asked him if I'd still be able to do butterfly after the surgery – that was what was important to me.”

In her working life, Mrs Bryan was a secondary school teacher for about 35 years – initially in England, then to Nigeria when she married Mike and spent more than 12 years' at a residential boys' secondary school, and then in Australia in 1972. Here in Cairns, she spent 16 years teaching at Cairns High School.



Darrylene makes a big difference

HAVE you ever wondered where the beautiful gift baskets at the Cairns Hospital cafes come from?

The hard-working hands of Darrylene Paterson, is your answer.

Darrylene has been a volunteer with the Far North Queensland Hospital Foundation since 2010 in various roles.

Foundation volunteer manager Anne Chirio said staff soon realised Darrylene's talents in making up gift packs for fundraising raffles.

"Foundation commercial manager Steve McGuinness felt her talents would be very useful for the café in making gift packs and Darrylene's talents have skyrocketed. She also helps me with gift wrapping and the Christmas stocking."

Darrylene makes about 300 baskets a year, which are always in hot demand from customers.

Her gift baskets are themed and hot sellers at both cafe and Sea Breeze Café at Cairns Hospital.

Mr McGuinness said the gift packs were a clear winner for customers

and have become a regular feature in both cafes that offer mini-gift shops.

The cafes feature quite a variety of gifts including toiletry packs complete with a toiletry bag, mini deodorants, tissues, soap, shavers, nail kits, face washers etc because not everyone knows they are about to go to hospital.

Special gifts for birthdays, newborn babies or sometimes a gift just to brighten someone's day also are catered for. We have balloons, handmade greeting cards, flowers and fluffy toys and our baby gift packs have always been a popular choice.

"We are very lucky to have Darrylene as part of our volunteer team – she is very creative and her gifts bring a lot of joy to visitors and patients alike," Mr McGuinness said.

The Foundation also is looking for volunteers to help with Christmas Wrap – contact Ms Chirio by phoning 4226 8993 or email volunteer@fnqhf.org.au.



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,

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



dcafe recipe

A wonderful combination of fresh seasonal ingredients and flavours, this traditional Italian salad is a sure fire hit. Serve on its own or as a side dish this is a perfect accompaniment to any barbecue or meal.

Italian Panzanella Salad

What you need

200g stale ciabatta loaf, 600g ripe mixed tomatoes, roughly chopped, sea salt, ground black pepper, handful small capers, drained, small red onion, peeled and very finely sliced, 280g jar red peppers, drained and roughly chopped, 1 clove crushed garlic, eight anchovy fillets in oil, drained and finely sliced (optional), teaspoon dried Italian herbs, red wine vinegar, extra virgin olive oil, fresh basil.

Method

1. Set oven to 170 C. Tear ciabatta

into 3cm pieces and toss in a sprinkle of olive oil and crushed garlic, oil, salt and black pepper. Lightly toast until golden. Set aside.

2. Place tomatoes in a bowl, (lightly squeeze as this will help with the dressing) and season with salt and pepper. Rinse the capers, squeezing out any excess liquid and add to the bowl, along with the onion, peppers, ciabatta and anchovies, if using. Toss the mixture together with your hands, then stir in 2 tbsps of vinegar and about three times as much extra virgin olive oil. Taste and add a little more salt, pepper, vinegar or oil, if needed.

3. Tear in the basil, stir together and serve. Delicious with barbecued meats or roast chicken.

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 and The Good Guys from November 27.

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.

- 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 _____