

SPRING 2021



Dr Greg Starmer, Dr Stephen Vincent and Foundation CEO Tony Williamson.

Collegial comp begins

HEARTS and lungs will be pumping hard together in the lead-up to this year's QSuper Cardiac Challenge in September.

After four years riding with the Cardiac Maniacs, Cairns Hospital Director of Respiratory Dr Stephen Vincent has formed his own team "Lungs of Steel" with some funds from this year's ride going to support respiratory services. Dr Vincent was the first to register this year, beating Director of Cardiology Dr Greg Starmer. "I'm delighted to be working closely with the respiratory team for fundraising efforts, particularly as hearts and lungs are so physically close to each other," Dr Starmer said. "We're looking forward to some healthy fundraising competition between respiratory and cardiology because it's all for everyone's benefit. We already have a close working relationship as hearts and lungs are pretty interdependent."

Funds raised at 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. "I'm honoured to be part of such a great event which has already demonstrated a significant benefit to the Far North. The money raised in 2021 will improve both the hearts and lungs of the community," Dr Vincent said.

Hosted by the Far North Queensland Hospital Foundation, the QSuper Cardiac Challenge will see the Far North Queensland community rally together to ride the 333 kilometres from Cairns to Cooktown in September.

Foundation CEO Tony Williamson said, "it was heart-warming to see different health specialties working so closely together. They do a great job clinically, they do a great job on the ride supporting each other and they're going to do a great job fundraising together." In addition, Mr

Williamson said he was pleased to have QSuper's support as the major sponsor again this year.

QSuper Chief Executive Officer Michael Pennisi said "QSuper was 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."

Mr Williamson said "We have absolutely loved working with QSuper, their team is very engaged and they really understand what we are about. Working together with them on our common goals has been incredibly rewarding and we are very grateful for their ongoing support."

Visit cardiacchallenge.com.au. This year's ride is from September 25-27.



Cardiac Ward Nurse Unit Manager Mandi Pashley, Foundation CEO Tony Williamson and Northern Frontier Foundation General Manager Linda Ly

Donor supports patients

A GENEROUS donor has helped make recovery from heart disease more comfortable.

Almost \$35,000 was donated by the Northern Frontier Foundation to the Far North Queensland Hospital Foundation, to enable the purchase of 12 electric recliners for the cardiac ward at Cairns Hospital.

Cardiac Ward Nurse Unit Manager Mandi Pashley said she was grateful for the donation, as the recliners would make a big difference to cardiac patients and would be in almost constant use.

"We care for many heart failure patients who often struggle to lie flat in bed due to shortness of breath. Without a recliner they need to sleep on multiple pillows

which is not always comfortable or practical," Ms Pashley said.

"Our post cardiac surgery patients tend to find it more comfortable to sleep sitting upright, due to the sternal wound and as they can't sleep on their side, a recliner is a great substitute for a bed. Having an electric recliner available will provide them a comfortable sleep which is so important to their recovery," she said.

Northern Frontier Foundation General Manager Linda Ly said they were pleased to support the project as it would help improve the health and lifestyle of the local community.

"We believe these chairs will be most beneficial for the cardiac ward and patients," Ms Ly said.

"The Northern Frontier Foundation

is dedicated to supporting the local community directly and in-directly where possible in improving health, education, environment and economic development," she said.

Far North Queensland Hospital Foundation CEO Tony Williamson said the donation brings the NFF's support of the Foundation to almost \$155,000.

"We're very grateful for the support of NFF and particularly its founder Dean Pradal, who has been very supportive of us for many years," Mr Williamson said.

"Items like this are a great way the community can support the health service to help our patients be as comfortable as possible. The Foundation is about putting the icing on the cake and this contribution is a great example of that," he said.



Tour of the Tropics chairman Nick Loukas, Mulgrave MP Curtis Pitt, Tour of the Tropics founding director Damien Ingram and Foundation CEO Tony Williamson.

Ride in new direction

The Yarrabah Community is joining forces with the Far North's premier charity to raise funds for neonatal babies at Cairns Hospital.

The Ride for Isabel fundraising bike ride will come under the umbrella of the Far North Queensland Hospital Foundation at the instigation of Speaker of the Queensland Parliament and Mulgrave MP Curtis Pitt. The ride will now become a Gran Fondo format which will attract riders from far and wide.

Mr Pitt and his wife Kerry organised the inaugural ride in 2010 after their daughter Isabel was stillborn at 41 weeks in 2008.

Yarrabah Shire Council mayor Cr Ross Andrews was pleased to work with all stakeholders, with the ride to start in Yarrabah.

"We do have a fabulous hill here that we know the cyclists will really enjoy and we're pleased that the funds raised will support neonatal babies. This is a topic very important to our community so we're glad to be supportive of the event,"

Mr Andrews said.

Mr Pitt said he was pleased to have raised funds and increased awareness of stillbirth and pregnancy loss to the extent they had over the Ride For Isabel's first 10 years, but the time was right to take it to the next level.

"When my wife and I started this ride more than a decade ago it was a way of healing our family and keeping the memory of Isabel alive," Mr Pitt said.

"I've worked with the Foundation for many years and I'm really pleased to know that funds raised will support local families, at the same time emphasising cycling safety in the Far North.

"The Foundation does a fantastic job with the QSuper Cardiac Challenge and other events, so I know they will look after the Ride For Isabel with the same integrity and efficacy."

The fundraising event also will form part of the Tour of the Tropics cycling festival with a Gran Fondo 120km segment planned, to start in Yarrabah and finish in Gordonvale. The race will entail four segments; 120km; 90km; 60km and 30km. Riders can choose the distance

that best suits them and avoid the hill if desired. They can race or just take on the challenge of this magnificent course.

Tour of the Tropics chairman Nick Loukas said he was excited to bring all the stakeholders together and work with the Foundation to create a stunning race in an incredible location. "Our vision, at Tour of the Tropics, is for the Gran Fondo to become an accredited event with the UCI. The Tour of the Tropics has experience with the logistics of cycling races so we think it's a match made in heaven."

Foundation CEO Tony Williamson said it was heart-warming to see the community coming together once again to support the Foundation.

"We love supporting all sectors of health care in FNQ and to bring cycling and neonatal babies together will be an incredible collaboration," Mr Williamson said.

The ride has been scheduled for Sunday, October 17, 2021. Further details and registrations are available at www.rideforisabel.org.au



John's children Andy and Jane with the SOZO and Cairns Hospital Cancer Care Centre Advanced Occupational Therapist Kari Meehan.

John's gift still giving

JOHN Oudyn didn't live to see the benefits of his donation, but his family feel honoured to see it at work.

Mr Oudyn donated \$9000 to buy a special piece of equipment (a SOZO machine) that measures swelling in legs or arms in cancer patients.

Cairns Hospital Cancer Care Centre Advanced Occupational Therapist Kari Meehan said she was treating Mr Oudyn as he had developed leg swelling or lymphedema as a side effect of cancer treatment.

"During a therapy session, he was discussing with his treating therapist the various assessment tools available to measure swelling and began to discuss bioimpedance spectroscopy technology which measures fluid sitting outside the cells of the body. I mentioned a new device that could measure swelling in bilateral legs or arms – previous technology only allowed the measurement of ECG in a single leg or arm," Ms Meehan said.

"He approached the Far North Queensland Hospital Foundation about donating the funds to buy this newer technology and we were able to tell him before he died that it had been bought, so that was a great feeling for him to know that he was able to make a difference to other patients," she said.

John's daughter Jane said it was an honour to see the SOZO machine and how it worked and to learn that it was

helping so many people across Far North Queensland.

"Dad was always thinking of others and would have been so happy to see this amazing machine and how it is helping others. My brother Andy and I wish he could have been there to see it with us, but we know that wherever he is, he is looking down proudly at what his donation contributed to achieve," Ms Oudyn said.

The SOZO device allows those at risk of developing lymphoedema to have a pre surgery/treatment baseline taken to improve early identification and intervention for lymphoedema in bilateral upper and lower limbs. For those who already have lymphoedema it provides another tool to help guide treatment and more accurately monitor/control what can be a chronic/lifelong condition, leading to improved quality of life and outcomes.

"Due to Mr Oudyn's incredibly generous donation, patients of Far North Queensland who have, or at risk of developing lymphoedema in both legs or arms, we are able to identify issues earlier, leading to reduced intensity of treatment, improved outcomes and quality of life," Ms Meehan said.

Foundation CEO Tony Williamson said the loss of a loved one was always painful but to know that the person's memory would live on through their donation, was special.



John Oudyn



Joe joins team

FAR North Queensland's premier charity has added a highly skilled financial officer to its stable of professionals.

Joe Cristaldi has joined the Far North Queensland Hospital Foundation as its Chief Financial Officer, bringing more than 16 years of financial experience with him.

Foundation CEO Tony Williamson was excited to announce Mr Cristaldi's appointment as his skillset would enhance and grow the charity's many financial aspects.

"In our 24th year and having contributed more than \$24 million to our regional hospitals, the Foundation has a proven track record and Joe's skills will only enhance our future achievements," Mr Williamson said.

Mareeba born-and-bred Mr Cristaldi achieved a Bachelor of Business and Commerce with James Cook University in Cairns before taking on his first role with Price Waterhouse Coopers, followed by KPMG.

He also has worked in the financial sector in Canada as well as local government in Far North Queensland.

"What I'm really enjoying about the role is the opportunity to really make a difference in the many different sectors of the organisation," Mr Cristaldi said.

"The team has done an incredible job in the past 24 years and I look forward to continue contributing to that with my skills and experience," he said.

Mr Williamson said Mr Cristaldi's appointment was important as he recognised that 100 per cent of the charities costs were covered by its commercial operations, meaning every cent donated goes where it's intended.



Foundation CEO Tony Williamson, Cairns and Hinterland Hospital and Health Service chairman Clive Skarott AM and Joe Cristaldi.



Pete's bike feat

Clocking up 100,000km on your bicycle is an almost unheard-of feat.

Not so for QSuper Cardiac Challenge instigator Pete McNally who has just achieved that feat in just over six years on his Specialised S Works MTB.

"People say to me that I must be due a new bike, but I like the 2 x 10 configuration and with a 38-tooth chain ring, I can still ride with some road riders to their amazement," Mr McNally, aged 71, said.

Brad Shannon, co-owner of Pump 'n' Pedals where Mr McNally bought the bike, said there were several reasons for the 100,000km accomplishment.

"Firstly, Pete bought a very good quality bike, but he also maintains it extremely well and really, no one keeps records like Pete," Mr Shannon laughed.

"Most people would clock up 5000km or 10,000km a year on their bike so Pete's accomplishment is quite a record," he said.

On his fourth Garmin computer and due to the volume of data and incompatibility between computers as well as being a little technically challenged, Mr McNally has relied on scrupulously keeping manual records to maintain his tally.

People often say to Mr McNally: "we always see you out on the bike – rain, cyclone or shine".

A history of congenital heart issues, open heart surgery to repair a hole in the heart at age 53 and subsequent cardiac ablation treatment intervention to manage cardiac arrhythmias is his motivation to ride, most days. His current tally is having ridden more than 200 consecutive days, with only one day off for the return from the QSuper Cardiac Challenge last year.

He tries to impart his inspiration to others, encouraging "newbies" to connect with their bike and fall in love with riding, as well as talking to cardiac rehabilitation patients about the importance of being active after their cardiac episode.

Visit www.cardiacchallenge.com.au for more information.



Team LSCRR were one of the top fundraising teams with \$6481.



CEO Tony Williamson with BreastScreen Cairns' Dr Sandra Margetts

Equipment on way

A NEW piece of breast cancer diagnostic equipment will soon be in Cairns, thanks to the local community fundraising and walking the arrows of Mt Whitfield.

The MacDonnells Law Arrow Experience, hosted by the Far North Queensland Hospital Foundation on Sunday resulted in more than \$101,229 being raised for the equipment.

250 people nominated to take part and with spectacular weather and huge smiles, an amazing event was enjoyed by all.

Foundation CEO Tony Williamson said the 2021 Arrow event was the best so far

in terms of numbers of participants and amount raised.

He particularly paid tribute to a team of staff from BreastScreen Cairns who got behind the event – fundraising and participating. Doctor Sandra Davies was the highest overall individual fundraiser of the event with \$5440 and their team Breast Foot Forward was the second highest fundraising team with \$9255.

“We had an amazing day on Sunday, there were hundreds of people joined with us for the event, lots of smiles and laughter. When we create these fundraising events, the primary goal is of course fundraising, but there’s some great health benefits from the physical activity itself as well as getting together with friends and family and having a laugh,” he said.

Mr Williamson also paid tribute to significant donors and fundraisers such as i-LEC, which raised a whopping \$11,500, Team LSCRR which raised \$6481 and individuals such as Sandra Margetts, Kimberley Bugeja and Sara Gaudion who raised \$5440, \$3546 and \$2600 respectively.

“We’d also like to thank our very generous sponsors MacDonnells Law, who also had two teams participating, Exoticathletica, Cairns Regional Council, Avis and the State Emergency Service.

“And we couldn’t have done it without the very many volunteers who helped bring it all to fruition.”

www.arrowexperience.org.au



Team Sorella raised \$3530



Team i-LEC were incredible, raising a monstrous \$11,480 for the cause.



Charlee Rose Paron with her aunt Mandy (Manuella)



Charlee Rose with Foundation CEO Tony Williamson

Walking for others

Charlee Rose Paron hates the Arrows of Mt Whitfield.

But she's fundraising and taking part in the MacDonnells Law Arrow Experience on June 20 – in memory of her precious aunt Mandy (Manuella) Moore.

On April 25 this year, when Mandy succumbed to breast cancer, Charlee signed up to take part in the event which is fundraising for breast screening equipment.

"Mum had already signed up, but the day my aunt died, that was it for me. I decided I had to do whatever I could for others," 20-year-old Charlee said.

Mandy was first diagnosed with the disease nine years ago but after chemotherapy and radiation, thought

everything was ok.

"She used to work at Big W Stockland next to the chemist where I work and she was coming in saying she had joint pain and it was old age so she got some vitamins and then she said her stomach was really upset so she went to the doctor. It turned out her stomach was filling up with cancer cells and it (cancer) was just everywhere," Ms Paron said.

Mandy died aged just 56 after a torturous battle with the disease and the side effects of various drug regimes.

"She just understood me in ways no one else seemed to. She changed my life for the better and made me cherish what I have. I knew she wouldn't want us to be sad. I hate the Arrows. But I'm not doing

it for me, I'm doing it for everyone else."

Before she died, Manuella calculated she had raised almost \$40,000 for charities, including Gordonvale Memorial Hospital, which provides palliative care.

Foundation CEO Tony Williamson said Charlee's family story was terribly sad but an incredible motivation for their family taking part in the event.

"We know that breast cancer affects so many in our community – one in seven women will be impacted and by providing this equipment if we can help women be diagnosed quicker, that might save some lives," Mr Williamson said.

www.arrowexperience.org.au



Gemma and Gilles Theophile

Patient passionate for the event

GEMMA Theophile's long blonde locks were part of her "look".

But 10 months on from her breast cancer diagnosis and she's given up the wig and proudly wearing her short hair out in public.

"I'm not going to hide under the wig anymore, the breast cancer journey is part of my life now and there's nothing to be ashamed of," Ms Theophile said.

She and her husband Gilles have proudly decided to support the Far North Queensland Hospital Foundation's MacDonnells Law Arrow Experience by sharing their story.

The event on June 20 fundraised for breast cancer diagnostic equipment to help speed up the testing process.

"That time of testing and not knowing what the outcome was going to be, was a very anxious one for all of us so anything

that can be done to speed up the process would certainly help patients and their families," Mrs Theophile said.

The Foundation is planning to buy a second tomo machine for Breast Screen Cairns, at a cost of \$80,000 to help speed up the diagnostic process.

Mrs Theophile – wife, daughter and mother of three sons – said she had only one family member she knew of who had been diagnosed with breast cancer – her grandmother at the age of 85.

"It just shows that it doesn't matter how fit and healthy you are, cancer doesn't discriminate. One in eight women will be diagnosed with it and I guess I'm that one," she said.

She has endured a double mastectomy, chemotherapy, radiation and has now

started five to 10 years of hormone blockers to put her into early menopause.

"We're happy to support this event because breast cancer is so prevalent in our community and if telling my story helps motivate people to make a difference, then it's worth it," she said.

Foundation CEO Tony Williamson said it was unfortunate that there were so many stories like Mrs Theophile but the event would make a difference in the diagnostic time frame.

"The Foundation is about making a difference in patient outcomes and if we can help reduce the anxiety by making the testing process a bit quicker, then it's worthwhile," Mr Williamson said.

www.arrowexperience.org.au



Pulled Beef Burrito

Rub mix

2/3 cup Chipotle powder
 2/3 cup paprika
 2/3 cup oregano powder
 1/3 cup coriander powder
 1/3 cup garlic powder
 2 tbsp. cracked pepper
 2 tbsp. salt
 1 liter beef stock
 10 whole garlic cloves
 A10 tin crushed tomato
 10kg Beef Brisket

Method

In large bowl add chipotle, paprika, oregano, coriander, garlic, cracked pepper, salt and mix well.

Rub brisket with dry mix on both sides

In baking tray add beef stock and whole garlic pieces. Place cooling rack into tray. Line with baking paper and place brisket on top. Cover with baking paper and al-foil.

Bake at 150 for 5 hours

Remove beef into clean tray and shred. Mix crushed tomato and 1/3 cup of spice rub to beef.

Making the burrito

Tomato tortilla
 Refried beans
 Turmeric basmati rice
 Spanish onions sliced
 Cracked black pepper
 Sliced Roma tomato
 Shredded Ice-berg Lettuce
 Pulled beef brisket
 Shredded tasty cheese

Method

Slightly warm tortilla, spread a heaped tablespoon of refried bean mix onto middle of wrap, add onion, cracked pepper and sliced tomatoes.

Place handful of shredded lettuce and rice on top of tomato. Using your hands slightly crush up beef placing on top of lettuce, finishing with hand full of shredded cheese.

Fold the left and right side of tortilla inwards, fold nearest edge of tortilla over mixture pulling the wrap firm. Finish rolling tortilla.

Place onto baking paper lined sandwich press set at 180 degrees, and toast till brown on outside.

Serve with side of salsa and sour cream

Re-fried Beans

Ingredients

1 Tbsps.
 1/2 cup finely chopped white onion
 1/4 tsp sea salt
 2 garlic gloves, minced
 1.2 tsp chili powder
 1/4 tsp ground cumin
 3 cups cooked pinto beans, drained
 1/2 cup water
 2 tbsps. chopped coriander
 1 tbsps. Lime juice

Method

Using a medium saucepan, bring to medium heat warm, add olive oil and heat until shimmering. Add onions and salt.

Cook, stirring occasionally until onion has softened and translucent, 5 to 8 minutes.

Add the garlic, chili and cumin. Cook stirring constantly until fragrant, about 30 seconds.

Pour in the drained beans and water. Stir, cook 5 minutes covered.

Reduce the heat to low and remove the lid. Use potato masher, mash beans to consistency you desire.

Continue to cook beans, uncovered, stirring often for 3 minutes

Remove from heat. Stir in coriander and lime juice

Taste, add more salt and lime juice if necessary. If beans seem a little dry, add a splash of water. Cool and serve.

Turmeric rice

Ingredients

1 cup jasmine rice
 1 1/4 cups water
 1 tbsps. Turmeric

Method

Using a slow cooker, spray with cooking oil, this prevents the rice sticking to bottom of cooker.

Add jasmine rice and 1 cup plus 3 tablespoons of water to the bowl. Stir in the turmeric.

Set slow cooker on low and let it cook for one-and-a-half hours. To ensure rice cooks evenly, give it a quick stir at the hour mark.

Once cooked, check rice to see if tender. If some grains are tough on top, drizzle a small splash of water on top and flip over rice, cook for a further 15 minutes.



Friends of the Foundation Conference



THE CLASS OF 2021: We had an AMAZING day on Sunday, August 1, bringing together some of our incredible volunteer groups supporting rural hospitals in Far North Queensland.

These Friend of the Foundation groups in areas from diverse as Tully to Cow Bay, work hard fundraising and volunteering in their community to help provide the "icing on the cake" for local patients.



We were all really interested to hear from Cairns and Hinterland Hospital and Health Service Chief Executive Tina Chinery and Chief Financial Officer Steve Thacker about purchasing processes.

Thank you everyone for making the effort to join us for these very informative sessions. Friends of the Foundation groups are active in Cooktown, Cow Bay, Mareeba, Gordonvale, Mossman, Croydon, Innisfail, Herberton, Atherton, Tully and Weipa.



Atherton & Mossman friends of the foundation Supporting our community

Contractors for the Atherton Hospital redevelopment continue to help raise funds for the Atherton Hospital Friends of the Foundation.

FKG Group Project Manager Kent Radnedge said his team of 10 staff were not only working hard on the project, but working hard to help the community.

Atherton Hospital Friends of the Foundation is a subsidiary of the Far North Queensland Hospital Foundation, which fundraises in the local community with all funds staying local in Atherton.

Coca-Cola Amatil have supplied a vending machine on the redevelopment site which is filled with cold drinks – with all profits donated.

There is a recycling bin for cans and bottles. Once a fortnight these are taken to the recycling station and all proceeds are donated.

And once a month, an on-site barbecue is held, with all attendees asked to give a gold coin donation and all proceeds donated.

“The team at the Atherton Hospital project are very proud to help raise money to go towards the Atherton Friends of the Hospital Foundation,” Mr Radnedge said.

“It’s not just the FKG Group but all subcontractors and anyone who comes on site contributes. Whether it’s just buying a cold drink, bringing their empty bottles from home or just dropping in a gold coin and joining us for a barbecue. They may seem like small contributions at the time, but they soon add up,” he said.

Foundation CEO Tony Williamson said the fundraising was a great initiative by the company to support the company in which they are working.

In addition to the FKG staff, up to 40 workers employed by nine contractors are working on site.

In the 2016/17 State Budget, the government announced the \$70 million redevelopment of the Atherton Hospital as part of the \$230 million Advancing Queensland’s Health Infrastructure Program (AQHIP).



Photo by Tanya Snelling

Mossman Hospital Friends of the Foundation took part in the Port Douglas Carnival Parade on Friday, May 21.

The Friends group aims not only to highlight their hospital’s community services but also to raise awareness around its fundraising events, endeavours and need for ongoing support.

27 volunteers and hospital staff participated in the parade with a Tropic and Exotic Float which was the theme of Carnival for 2021.

The group’s float impressed judges Warren Entsch, MP and Douglas Shire Mayor Councillor, Michael Kerr so much, that the Friends group was awarded the category of Best Community Float!

Explore how to pay less tax and get more super

Salary sacrificing could offer a tax-effective way to add more money into your super. It is an arrangement between you and your employer to contribute a portion of your salary to your superannuation account before you pay tax on it, instead of it being part of your take home pay. This is an extra amount on top of your employer's compulsory super contribution.

It's important to remember that salary sacrificing to grow your super is a two-step process. So for it to work effectively, you need to ensure you contribute the tax savings to your super as salary sacrificed voluntary contributions.



To find out more about how salary sacrificing to super could work for you visit qsuper.qld.gov.au/salary-sacrifice





Foundation financial controller Joe Cristaldi, Foundation CEO Tony Williamson and 2021 Nurse of the Year Jo-Anne Campbell.

COVID-19 leader named Nurse of the Year

A NURSE on the frontline of the battle against COVID-19 has been named the Cairns and Hinterland Hospital and Health Service’s Nurse of the Year.

The Health Service is recognised is International Nurses Day in May, which is celebrated globally on the anniversary of Florence Nightingale’s birth, May 12.

The team of this year’s international celebration is “Nurses: A Voice to Lead – A Vision for Future Healthcare.”

The occasion was marked with the second annual CHHHS Nursing and Midwifery Awards, which were presented at Cairns Hospital, proudly sponsored by the Far North Queensland Hospital Foundation.

CHHHS executive director of nursing and midwifery, Debra Cutler, said for the first

time in several years, the Health Service had recognised a Nurse of the Year.

“I am very happy to announce that Jo-Anne Campbell, a Clinical Nurse Consultant in our Infection Prevention Services, is our Nurse of the Year,” Ms Cutler said.

“Jo-Anne has played a leading role in the COVID-19 pandemic response.

“Her skills and knowledge have been regularly relied upon both locally and statewide.

“Whilst all areas of the organisation have been impacted by the pandemic, Jo-Anne and her small team have gone above and beyond to support the response.”

Ms Campbell also received an award for Excellence in Education and Training, after being nominated for her outstanding contribution to the implementation and education with regard to personal protective equipment throughout the COVID-19 pandemic.

Other award winners included:

Excellence in Clinical Practice

Romy Clark

Romy holds multiple roles across the emergency department, medical imaging and specialist clinics at Innisfail Hospital. Romy was nominated for outstanding professionalism, compassion and commitment to providing safe, quality care.

Excellence in Workforce

Lynda Ackroyd

Lynda is the acting Nurse Unit Manager for Respiratory Renal and Gastro Ward. Lynda has led the unit from the outset with a robust workforce risk mitigation strategy and safe work practices. This has provided a vital level of assurance that the CHHHS has a safe, well led and well governed model of inpatient COVID management.



Researcher feature

Name: Caryn West

Age: 50

Where and in what position are you working?

Academic Head of Discipline Nursing and Midwifery James Cook University

Tell us which grant you received (\$5000 or \$25,000) and how you are going to use it? \$24 960. A clinical file audit

will determine the nature, cause and extent of alcohol-related injuries in three remote Indigenous communities of Cape York. The project will inform community alcohol management decision-making surrounding future approaches to reduce injury and improve community safety.

How did you hear about the Foundation's research grants?

We have been previous recipients of FNQHF funding.

What is your project about? The success of the proposed community led approaches to AMP management will hinge on the ability to make informed choices based on historical data and current trends of alcohol-related violence and injury. Currently, previous retrieval research does not provide the level of detail required to appropriately inform community-specific plans. A suitable epidemiological dataset for this problem should include a breakdown of all injuries occurring within the community and whether or not alcohol or other illicit substances were involved.

Three reviews of serious injury have been conducted using RFDS data; however, the datasets used are relatively small as they only include aero-medical retrievals and the role of alcohol in acquiring injuries was not determined. The Gladman study recommended clinical file auditing be performed to determine the full scope of alcohol-related injuries in remote Indigenous communities. The CI of this proposal conducted a clinical file audit in three primary healthcare clinics in Cape York for the period 2006-2011 under a NHMRC Early Career Fellowship.



Café Chat

Name: Georgia Parry

Age: 41

What is your role/Which café do you work in? dCafé. I'm a barista. I love making coffee and my coffee is made with love.

Home: I have lived in Cairns for 18 years now, I lived in Brisbane before I came to Cairns in Milton near the Suncorp Stadium where I used to go and watch Queensland beat NSW at many State of Origin games. Ha ha ha

Foundation: I have been with the Hospital Foundation for about three years, went away and recently returned. My friend Daphne was working here and told me how much fun she was having and I asked her if she thought I could come and work here too. I love working with my peeps and seeing all my regulars again, I love chatting with the customers and making good coffees.

Stars: Gemini

Interests: massaging, dancing, learning the hula, riding around on our electric scooter, catching Pokemon with my kids. Walking my dogs.

Family: I have three boys aged 6, 12 and 15. They keep me busy, constantly laughing bringing home weird and wonderful strays.

Staff Q&A

Name: Joe Cristaldi

Have you always lived in FNQ? Yes – Born and raised in Mareeba

Role: Financial Controller & Board Secretary

How long have you been with us? Started with the Foundation in March 2021

What is your employment background? I am a member of Certified Practising Australia (CPA) and have a Bachelor of Commerce and Bachelor of Business degree from James Cook University. I have more than 15 years' experience in the finance, business and government sectors.

What are you enjoying about your time with the Foundation so far? The variety each and every day, we are a small organisation so I get to assist in all aspects of the business from changing tyres to producing Financial Statements and board packs and cooking bacon and eggs on the barbie. I also enjoy being able to interact with our fantastic volunteers and hear their stories.

What does your role entail? Financial control of the organisation to achieve strategic financial objectives and compliance requirements by the completion of monthly, quarterly and annual Management, Board and Regulatory reporting requirements covering income and expenditure, balance sheet, statistics and key performance indicators.

As Board Secretary I am responsible for providing executive support to enable the CEO, the Board, and its Stakeholders to perform their relevant duties while compiling board papers and maintain accurate and complete records of all Board Meetings whilst ensuring all internal policies are followed with accuracy and completeness.

Star sign: Capricorn

Interest, hobbies, past-times? Fishing, Family Time, Cooking & Telling Dad Jokes

Tell us about your family – kids, grandkids, great grandkids? Lovely wife and 2 kids



i-LEC's Phil Young (left) and Josh Brinn (right) with Foundation CEO Tony Williamson at the start of the Green Arrow.

i-LEC Team

Donations came in thick and fast for participants in a local breast cancer fundraising event held in June.

The MacDonnells Law Arrow Experience on June 20 is fundraising for breast cancer diagnostic equipment in FNQ, to help speed up the testing process.

Phil Young's i-LEC team of 10 members has attracted \$5725 in donations so far, but they are far from resting on their laurels.

"Everyone knows someone who's had breast cancer or is having treatment so it just seemed like a good cause for us to get behind," Mr Young said.

"I did the Kokoda Track three years ago and I trained on the Arrows so when I saw this event come up, I knew it was something our work crew could do as a team bonding experience," he said.

As far as his fundraising goes, he's already smashed his initial \$2500 goal but has since set his sights higher.

"I think we can get to at least \$6500 and maybe even more. Many people have already generously supported us already so we're excited to see what we can get to."

He and his team also are selling raffle tickets in the MG art union that is part of the event and running any other fundraising activities they can think of.

Participants in the MacDonnells Law Arrow Experience will walk either two or four of the Arrows of Mt Whitfield and once registered, each participant is required to fundraise at least \$100. The equipment sought is valued at \$80,000 and organisers are confident the goal will be reached.

Foundation CEO Tony Williamson said it was unfortunate that breast cancer diagnoses were so prevalent, but the event would make a difference in the diagnostic time frame.

"The Foundation is about making a difference in patient outcomes and if we can help reduce the anxiety by making the testing process a bit quicker, then it's worthwhile," Mr Williamson said.

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MG winner David Pollak with Foundation financial controller Joe Cristaldi and CEO Tony Williamson.

Here's your new car

On April 8, David Pollak bought \$50 worth of tickets in a car raffle. Today he's driving away in the car!

Mr Pollak's name was randomly drawn in the MacDonnells Law Arrow Experience at the event on Sunday, which raised more than \$97,500 for the Far North Queensland Hospital Foundation.

Funds raised will go towards a piece of diagnostic equipment for breast cancer patients in FNQ.

"I bought the tickets because I wanted to support the event but I wasn't sure if I'd actually be able to do the walk," Mr Pollak said.

"I am speechless but incredibly grateful for the crew at the Far North Queensland Hospital Foundation for the events they organise and the awesome work they do to improve health care for FNQ," Mr Pollak said.

"As it turned out, our family pet passed away on the Tuesday before, so myself and my wife were taking our first walk

on the beach without her when we got the phone call about winning the car," he said.

"I probably didn't sound that excited because of where I was emotionally, but it's a bit unbelievable. We haven't really decided what to do with it yet but it's a very welcome windfall as it would be for anyone."

Mr Pollak received the MG, supplied by Trinity Auto, fittingly outside BreastScreen Cairns, which will receive the funds generated from walkers and ticket sales.

Foundation CEO Tony Williamson said an incredibly \$97,500 was raised through the event with 250 walkers registered.

"Congratulations to David. All our raffle winners are worthy but David is known to us as he did the QSuper Cardiac Challenge last year in honour of a workmate with a heart condition and he's signed up as well this year," Mr Williamson said.

"We had an amazing day on Sunday, there were hundreds of people joined

with us for the event, lots of smiles and laughter. When we create these fundraising events, the primary goal is of course fundraising, but there's some great health benefits from the physical activity itself as well as getting together with friends and family and having a laugh," he said.

Mr Williamson also paid tribute to significant donors and fundraisers such as i-LEC, which raised a whopping \$11,500, Team LSCRR which raised \$6481 and individuals such as Sandra Margetts, Kimberley Bugeja and Sara Gaudion who raised \$5440, \$3546 and \$2600 respectively.

"We'd also like to thank our very generous sponsors MacDonnells Law, who also had two teams participating, Exoticathletica, Cairns Regional Council, Avis and the State Emergency Service.

"And we couldn't have done it without the very many volunteers who helped bring it all to fruition."

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HOW TO CONTACT OR SUPPORT US

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