

HEALTH TO DO WELLBEING

OFFICIAL NEWSLETTER OF THE DR EDWARD KOCH FOUNDATION

ISSUE 11 • APRIL 2005

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HEALING OUR WAY

The Foundation was fortunate to be the recipient of a grant from Auseinet to enable the project *Healing Our Way* to go ahead. The project goal, which is an initiative of the FNQ Suicide Prevention Taskforce, is for the cultural adaptation of a 'self-help' resource and an 'after suicide' resource for Indigenous people in Yarrabah, giving information and advice for people who are self-harming, their families and community.

This project is well underway and is strengthening Indigenous Partnership collaboration; it includes consumer participation and will be registered as a quality activity with the local Cairns Integrated Mental Health Service by the Indigenous Health Worker Coordinator, Mercy Baird. Those on the committee for the resource are David Patterson, Vincent Sands, Mercy Baird, Thelma Richards, Anthony Weller, Nicola Roberts and Dulcie Bird.



One of the resources being developed for the *Healing Our Way* project, featuring illustrations by Julie Haysom & Di James.

The CREW Project (Creating Real Energy Within)

The Honda Foundation (with the support of Trinity Honda Cairns) has generously provided funds to the Dr Edward Koch Foundation to manage a program designed to address the reoccurrence of substance

abuse during 'high substance abuse risk' times during an individual's participation on court orders and Drug and Alcohol addiction treatment. A group of organized recreational based activities will be made available to this target group as a means of exposing clients to a plethora of legal and socially acceptable recreational pursuits as opposed to activities the clients have previously engaged in that are conducive to criminal conduct and substance abuse.

It is proposed to address the predisposition to drug use by the introduction of exciting and 'perceived' high-risk activities. It is intended to provide challenging physical activities that facilitate a sense of achievement and self worth. Key partners with the Foundation in this program are Rehabilitation Services (Ozcare and AHA), Drug Court and ATODS (Alcohol Tobacco and Other Drugs Service). The program commences in early May.



Dulcie Bird accepting the Honda Foundation cheque on behalf of The Dr Edward Koch Foundation

Koch for Kids Sports Expo 2005



The Foundation is holding a sports expo which will provide healthy school holiday activities for the youth of Cairns. The Koch for Kids Sports Expo 2005 aims to expose children to a wide range of sports to develop the idea that there is a sport for everyone and to encourage fitness and well being. The Expo will also foster lifelong healthy habits which will assist in reducing the growing rate of childhood obesity and the increasing prevalence of chronic disease in Australian adults and children. It is also hoped that as the children become more physically active, they will also perform better at school. Linking the promotion of sports to a school holiday expo will have far-reaching public health effects as well as offering children the opportunity to enjoy their break by doing fun-filled activities.

Of course, this Expo will not work without the involvement of as many sporting clubs and organisations as possible. Already, sports clubs have expressed their interest in holding workshops including football, basketball, tae kwon do, squash and lawn bowls. **Any interested clubs can contact Dulcie Bird on 07 40310145.**

Major sponsor for the Sports Expo is Brothers Leagues Club Cairns.



Suicide Awareness Session & Workshops

Are you a person who people turn to for help? Have you ever been asked to help a person who is feeling suicidal?

FNQ Suicide Prevention Taskforce offers you the opportunity to attend a free Suicide Awareness Session. This information session is for the whole community.

This Seminar includes a combination of the issues related to suicide, dispelling myths about suicide, exploring the 'road' to suicide, defining crisis situations, exploring suicidal ideation, explaining the signals of suicide and identifying community resources.

The session is presented by Catherine Sydes from the Wesley Mission.

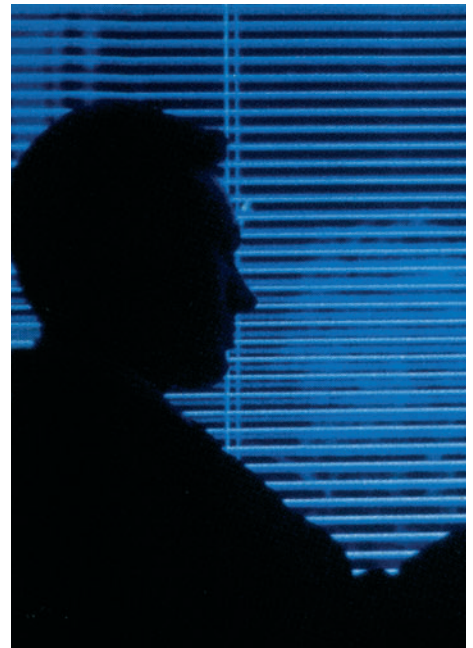
- Venue **Cairns City Council Library Meeting room, Abbott Street, Cairns**
- Time **7.00pm–9.00pm**
- Date **Wednesday 4 May, 2005**
- Contact **Dulcie Bird, Dr Edward Koch Foundation, 6 Aplin Street, Cairns**
- Phone **07 4031 0145**
- Fax **07 4031 0744**
- Email **drkoch@austarnet.com.au**

Dr Edward Koch Foundation Public Health Scholarship

Plans are well underway for the Dr Edward Koch Foundation Public Health Scholarship, 2006.

The Dr Edward Koch Public Health Scholarship is a privately and corporately sponsored award made on merit to an appropriately qualified north Queenslanders to enable them to complete a Master's Degree in Public Health and Tropical Medicine (MPH&TM) from James Cook University. The aim of this award is to enable a talented and enthusiastic individual, who might otherwise not have this opportunity due to financial or other circumstances, to pursue a career in public health.

If any corporation is interested in a sponsorship package, please contact Dulcie Bird on 07 40310145.



Suicide Prevention Free One Day Workshops

LifeForce Suicide Prevention Program, an activity of Wesley Mission, will deliver two FREE one day workshops in Cairns on Thursday 5 May and on Friday 6 May, 8.45am–4.00pm. These workshops will be held at the Cairns City Council Library Meeting rooms in Abbott Street Cairns (in association with the FNQ Suicide Prevention Taskforce).

Do you have anyone in your organisation who works closely with people at risk, and who would find benefit in attending this course?

We will need definite numbers because very limited vacancies are available. Your expression of interest can be emailed to Dulcie Bird on drkoch@austarnet.com.au.

Morning and afternoon tea will be provided, however participants will be expected to provide their own lunch.

Further enquiries please contact Dulcie Bird 4031 0145 or Fran Lindsay 0407 695 891.

The Dr Edward Koch Foundation VISITING FELLOWSHIP

Not long now before the Dr Edward Koch Foundation Visiting Fellow arrives in Cairns from the University of Victoria, Canada to take up the Fellowship. Dr Chris Lalonde's expertise is in the field of Aboriginal Health (North American). While in Cairns, he will be available as guest speaker at a Dr Edward Koch Foundation fundraising breakfast, to be held on Wednesday, 10 August 2005. He will also hold a 2 day workshop or forum

to 'share knowledge' with the remote area workers on his work with First Nations social issues. He will participate in University of Queensland's peer reflective forum and be involved in the various possible indicators for the empowerment tool, especially those at the community level.

Dr Lalonde will be travelling to Cairns at the end of June 2005 and returning to Canada in late September 2005.

Strawberries and Cream High Tea Extravaganza 9 March 2005



L to R: Margaret Logan, Lin Parsons, Dulcie Bird, Helen Mappas, Elaine Holder, Irma Morzone, Michele Creecy and Judy Sisam

There was certainly some fun in the gallery on Wednesday afternoon, 9 March for the Foundation's annual Strawberries and Cream High Tea Extravaganza. Dulcie's team of volunteers looked wonderful in their apple green and strawberry patterned aprons. The pace for the afternoon was leisurely with plenty of champagne to be sipped and many eating treats available including our usual fresh strawberries and cream. Ladies indulged themselves whilst playing games such as mah jong, scrabble, canasta and trivial pursuit. The afternoon was part of the program of Women International Day - A Week of Celebration.

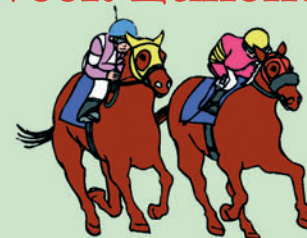
The day would not be so successful without our generous sponsors.

- Central Hotel, Gordonvale
- Gordonvale Hotel, Gordonvale
- Historic Hambleton Hotel, Edmonton
- Matson Resort Cairns
- Mountain View Hotel, Little Mulgrave
- Raintrees Tavern, Cairns
- The Rock, Mt Sheridan
- Spotlight, Cairns
- Hilton Hotel - Cairns
- Walters Super Iga, Gordonvale
- Piccones Iga, Edmonton

Special thanks to Mike Woods, McLeods Office Furniture, Cairns for donating the table which will be continually used for our Games in the Gallery sessions.

Many thanks to the girls who helped out on the day: Margaret Logan, Lin Parsons, Helen Mappas, Irma Morzone, Michele Creecy, Judy Sisam and Elaine Holder.

You and your friends are cordially invited to an
**Amateurs Race
Week Luncheon**



Menu

Glass of Champagne
Entrée • Main Course • Dessert
Tea and Coffee

Prizes

Lucky Door Prize • Great Raffle Prizes
Prize for the Best Dressed Lady
Prize for the Best Dressed Man

Venue

Fermented Grape
Level 1, Palm Court,
34 Lake Street, Cairns QLD 4870

Date

Thursday 8 September at 11.30am

Cost

\$40.00

Bookings

Book before 30 June.
Payment by 2 September.
*(We accept Bankcard, Visa and
Mastercard, not Diners Club
or American Express.)*



RSVP

The Dr Edward Koch Foundation,
6 Aplin Street, Cairns 4870.
Ph 4031 0145 • Fax 4031 0744

Name _____

Address _____

Phone _____

Payment method (tick box)

Cheque Bankcard
 Visa Mastercard

Card No. _____

Expiry date _____

Name on card _____

PUBLIC HEALTH FUNDRAISING BREAKFAST

WEDNESDAY 11 May 2005, 7am-8.30am

Guest Speaker DR SCOTT RITCHIE

Dr Scott Ritchie is currently the Medical Entomologist at the Tropical Public Health Unit, Queensland Health, Cairns. His work includes research, policy, management and teaching on mosquito vectors of disease in north and far north Queensland. He is Manager of the Dengue Zonal Management Plan and has helped develop the Management Plan for Japanese Encephalitis in the Torres Strait.

**VENUE: Tosca Trattoria Bar & Pizzeria
Shop 145, Cairns Central Shopping Centre,
McLeod St, Cairns
PRICE: \$25 PER PERSON**

**Book with Dulcie on 4031 0145
(Credit card payments accepted by phone)**

**Help us to
fundraise with
VaultOne**

**It will make a real difference
at absolutely no cost to you!**

We are looking forward to working with VaultOne as they help us, through you, to generate income.

Fundraising is becoming increasingly difficult and we are always looking for new ways to increase our income. VaultOne can help us generate sustain-able long-term income.

If you or someone you know needs a home loan, think of how it can help the Dr Edward Koch Foundation. There are no extra costs and you get the best deals to suit your loan with over 36 lenders to choose from including the banks.

Operate your superannuation, financial planning, general insurance and tele-communications through VaultOne and nominate the Dr Edward Koch Foundation as your preferred charity, and it will help us.

**You can make a Difference.
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How Great is That!!!**

**For more detailed
information, please call
1800 008 258.**



FIRST PRIZE
Two (2) return
'Business class' tickets
Cairns/Hong Kong/Cairns
donated by



**Value approx. \$5,000
tickets only \$2**
Drawn 7:15pm Fri 5 August 05
Winners notified Cairns Post
10 August 05
**If ordering 5 or more tickets,
visa payments will be accepted
over the phone - 4031 0145.**

**COMING
EXHIBITIONS...**

**Rod Ramage
and Patricia Williams**

Sponsored by Oz Images

6-27 May 05
Opening Night 6/5/05

Lynda Barratt

*Sponsored by
Williams Graham Carman*

3-24 June 05
Opening Night 3/6/05

Ludij Peden

*Sponsored by Lamprell Corporate
Communications*

1-29 July 05
Opening Night 1/7/05

Far North & Far More Healthy
including Art Competition

5-26 August 05
Opening Night 5/8/05

**Spring Scenes,
Sensations & Sunshine**

*Sponsored by Patio World,
In Touch Media, Easy Listening 846,
Seven and Inese Plant Nursery*

1-24 September 05
Opening Night 1/9/05

Sandra Sengstock-Miller

*Sponsored by Colours Hair Design
and Fencing Around*

30 September-28 October 05
Opening Night 30/9/05

**Jenny Glaze, Alex Tourentinou
and Elena Taifi**

4-25 November 05
Opening Night 4/11/05

Regan O'Neill

Sponsored by Remax Real Estate

13 January-10 February 06
Opening Night 13/1/06

Christine Robinson

17 February-17 March 06
Opening Night 17/2/06

2005 EXHIBITIONS

Animal Antics

Feature artist Emma Bryant
14 January–11 February 2005



Detail of *Catpntg*

A pleasant evening was spent by all who attended the Animal Antics Exhibition. The food was superb, ably catered by Foundation volunteers, Lin Parsons and Annie Lamason. Emma has been painting for the past twenty years and has previously exhibited in Victoria, New South Wales, Western Australia and Queensland. Currently her work has been utilising mixed media and colour on paper and her own animals appear as the subject matter. In this exhibition, Emma focused on her pet cats.

Living in the North

Feature artist Susan Kittel
18 February–24 March 2005



Detail of *Cairns Cottage*

More than 100 guests chatted and enjoyed wine and nibbles in the convivial atmosphere of the Gallery as they viewed Susan Kittel's lovely paintings of houses and scenes of North Queensland. Susan excelled in her art classes in school and didn't want to know about any other subjects. She has a love for nature, old character buildings, and animals which are all depicted in her magnificent paintings. Cairns and its surroundings with its beauty and relaxed style, inspires Susan to fulfill her dreams as she always finds something to paint and never tires of it. The Exhibition was officially opened by Dulcie Bird, B.Soc.Sc., Curator - Art on Aplin Gallery and Executive Officer of the Dr Edward Koch Foundation. All other paintings in the gallery also depicted the lifestyle, landscapes and beauty of North Queensland.

Susan's exhibition was sponsored by The Rotary Club of Cairns Sunrise.



Colour and Tone

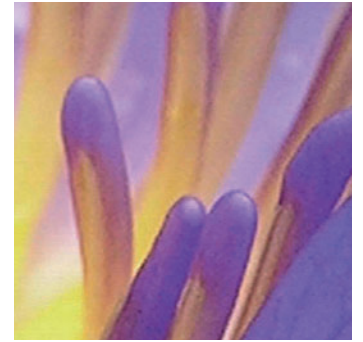
Feature artists Harley Jackman
and the Southside Camera Club
1–29 April 2005

Many people turned out to see the array of paintings and photographs on the Opening night. Offering a photographic exhibition was a first for the Gallery, but judging by the favourable response received, it is something that the Gallery will consider in future exhibition plans. The colour and vibrancy of Harley Jackman's paintings made them a best seller for the Gallery.



Detail of *Pied Geese* by Harley Jackman

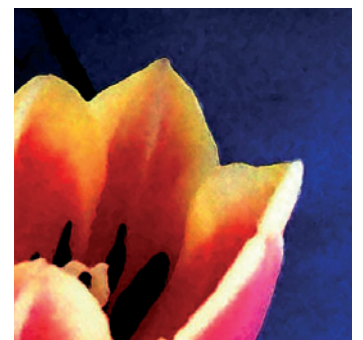
Harley Jackman says that there is nothing more inviting and stimulating than to present his imagined compositions in paint; nor more rewarding than to quietly observe the picture come to life in full colour on a flat cotton surface. To him the excitement of life fills the void between the obviousness of reality and lost expression in the abstract. He tries to fill that void with the colour of paint on canvas. The work was bright,



Detail of *Lily Triptych* by Donna Fyfe

exciting to watch and could be described as edgy reality.

Members of the Southside Camera Club contributed their pieces for sale in the exhibition. Individual's interests varied from landscape, flora and fauna to contemporary abstract type. Mediums expanded past the traditional forms of photographic paper. With the help of modern printing technology, images were expressed on things such as canvas, silver paper, water-colour paper etc.



Detail of *Tulip* by Prue Chirio

Evening courtesy of Robin and Margaret Logan

EXHIBITIONS



**GAMES
in the Gallery**

*Canasta • 500 • Scrabble
Trivial Pursuit • Mah Jong*

EVERY THURSDAY

Morning session: 9.30–12noon

Afternoon session: 1.30–4pm

Each session costs \$5.00

*Seniors and Friends of the
Foundation \$3.00*

(includes tea/coffee & biscuits)

**at Art on Aplin Gallery
6 Aplin St, Cairns QLD 4870
ph 4051 0727**



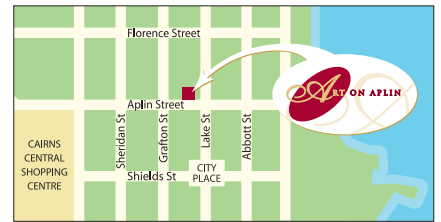
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\$121 per evening
\$77 per half day**

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featuring art by
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Local Artists**

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Monday to Friday
(or by appointment)

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auditors



for their generous support
of The Dr Edward Koch
Foundation

**ART COMPETITION
Far North and Far
More Healthy
(100 years since Dr Koch)
Art Exhibition 2005**

*This year's exhibition will be
held at the Art on Aplin Gallery,
6 Aplin Street Cairns, starting
Friday 5 August.*

**Please keep this date in mind.
Entry forms are now available
from Art on Aplin, or by
phoning 4031 0145.**

Our Christmas raffle was drawn on
8 December 2004. Lucky winners
were Simon and Roxeen Petkovic.
Second prize winner went to
Alan Scarr of Manunda.

DONATE NOW!

Now it is even easier to
make a donation to the
Dr Edward Koch Foundation
at the touch of a button.

Simply visit our website at
www.kochfoundation.org.au

and click on the
'donate now' button:



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to promote health
and wellbeing in
Far North Queensland.

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