

Ella gets through life with fast food and CFQ

By GAIL LOADER

ELLA Sinclair's friends in Year 1 might be jealous when she tells them her parents make her eat hot chips and pizza when she would rather be eating salad and fruit.

However, this is just one of the issues Ella has to deal with because she has cystic fibrosis. Ella must have a high-fat diet because she has difficulty in absorbing some foods.

Many lives on the Coast have been touched by cystic fibrosis, the most common genetic disease in Australia. For the Sinclair family, of Bli Bli, the support of Cystic Fibrosis Queensland has made a real difference to their life.

"They're phenomenal. You feel like you've got emotional support," Peter Sinclair said.

Ella's diagnosis with Cystic Fibrosis at the age of six weeks began a difficult road for the family, which included travelling to Brisbane for treatment every week.

Ella, now six, still has daily physiotherapy at home (from her dad) and visits the specialists at Mater Children's Hospital at least once every three months.

Her mum, Rosalie, said there was always someone from CFQ at the hospital to help make the day more pleasant.

CFQ will hold its Hearts and Roses Day on February 14 to help support families like the Sinclairs.

Mr Sinclair said they hoped funds raised will help



GIRL ON THE GO: Ella Sinclair with her parents Peter and Rosalie and baby Lily. CFQ has made a huge difference to their lives.

PHOTO: CONTRIBUTED

to have a clinic built on the Sunshine Coast to make life easier for local families.

"We've been lucky with Ella," he said. "Some babies are in hospital every year."

Ella, who has known more doctors' visits than most of us would experience in a life-

time, remains a cheerful girl who loves to be active.

"You can't keep her down," Mr Sinclair said. "She's grown up with CF treatment from an early age. We try to make it fun for her."

To support the "Go Red" campaign to raise vital fund-

ing for CFQ, you can purchase rose-themed merchandise at Coffee Club and Westpac Bank branches throughout February and March.

Mr Sinclair, a high school teacher, said he will be helping to sell the fundraising

merchandise at Sunshine Plaza over the Valentine's Day weekend.

For information, to register a "Go Red" event, or to purchase Hearts and Roses merchandise, visit www.heartsandrosesday.com.au

Universities work to fight koala extinction

MORE than 30 researchers have joined forces to fight for the survival of South-East Queensland's koala population.

The researchers, from four Queensland universities, government, industry and interest groups, believe the region's koala colonies are in imminent danger of being wiped out.

They have created a new group, the Koala Research Network, to share research findings and work together to save the iconic species.

Group spokesman Professor Clive McAlpine, from the University of Queensland, says the federal government is currently assessing whether the koala should in fact be listed as threatened nationally.

He says the plight of Queensland's koalas will have an important bearing on that decision.

"Habitat-clearing, disease, dog attacks and vehicle collisions kill more than 1000 koalas in South-East Queensland each year," Prof McAlpine said.

"It's pretty unusual for universities to work together like this, but the Queensland koala populations are in serious trouble from habitat clearing, vehicle collisions, dog attacks, disease and drought and the public has to know about it," Prof McAlpine said.

"If we act very quickly and the entire south-east community pulls together, we can give koalas a fighting chance." -AAP

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Community Giveaway

McDonald's Restaurants across the Sunshine Coast, in partnership with Seven Local News and the Sunshine Coast Daily, are giving away a range of branded merchandise including marquees, goal post pads and drink containers to sporting clubs, schools and associations in the Sunshine Coast area. All local Sunshine Coast sporting organisations, community groups and schools are invited to submit an entry.

For your chance to win, just pick up an entry form from any McDonald's Sunshine Coast restaurant or grab a copy of the Sunshine Coast Daily. Entries close Sunday 28th February 2010. Terms and conditions are on display at McDonald's Sunshine Coast.

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Contact Name: _____

Contact Number: _____ Position Held: _____

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Team Water Bottles (15 per set) Training Kit (incl large mesh carry bag, mesh training bibs & training cones)

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There's no stopping Lauren's shopping

JUST like every other teenage girl, Lauren Kidd's favourite way to chill out is to hang with friends and go shopping.

Unfortunately, until now the Beerwah 13-year-old has not been able to indulge in her hobbies very often because of juvenile arthritis in her hips.

With juvenile arthritis, the body mistakes normal joints as foreign and attacks them.

It is not understood how or why this happens, but it can make mobility difficult.

At the beginning of the school term, a Sunshine Coast-based charity, The Board Meeting, donated a blue scooter to Lauren.

Her mum, Wendy, said the scooter would help improve Lauren's social life and also make her time at school easier.

"Beerwah school is quite spread out and, in the past, Lauren has had trouble walking around to the different classrooms," Wendy said.

"Last year, the crippling pain was so bad that some days she had to take time off.

"With the scooter she can overcome this."

"It has given her a lot more independence."

- BIANCA CLARE

LIFE'S LOOKING UP: Lauren Kidd on her new scooter.

PHOTO: JOHN MCCUTCHEON/183098