



NATASCHA GARVEY



“She is a very fit little girl.”

Ask Natascha Garvey what she wants to be when she grows up and the Year-2 student is adamant – she wants to be a mum.

And she is well on her way to emulating her mother, Monique.

Like her mum, Natascha is a keen swimmer and a “silent partner” in Monique’s jewellery design business.

The business name, “Montash Designs”, is an amalgam of letters from the names of Monique, dad Todd, Natascha and her baby brother, Hamish. Natascha’s younger sister, Christina has her own line of jewellery: “Christina’s Collection”.

In her first year of school, Natascha finished first in her age group in freestyle and breaststroke at the school swimming carnival.

“I thought: ‘Who said she has bad lungs?’” said Monique.

“She is just a fish and swimming is a really good workout for your body because it exercises every muscle, especially the lungs.”

In winter, Natascha also enjoys gymnastics, which helps build strength and muscle tone, and she also loves athletics.

“She is a very fit little girl,” said Monique. “We go to the park whenever we can and she just loves to kick the ball around.”

While Natascha eats a high-fat diet, Monique said she made sure that her daughter ate only “good” fats and, where possible, the whole family ate only organic

foods which were preservative-free and contained no artificial colourings.

They are also self-confessed vegetable and salad “freaks”.

During school terms, Natascha has a low-fat lunch at school but plenty of “good fats” in the morning, after school, and at dinner.

She is also vigilant about keeping away from children with coughs and colds.

“Ever since she was little, if someone coughed she moved away,” Monique said. “As soon as I hear one cough, she gets antibiotics.”

“I have taught both girls to be aware of cleanliness; to wash their hands and to keep their hands away from their eyes and mouths.”

While Natascha’s teachers are aware that she has CF, her schoolmates do not know.

“I will deal with that in time,” Monique said. “It is hard enough making friends without her feeling different.”

For someone so young, Natascha is also something of a globetrotter.

As a three-year-old she joined her parents on a trip to Europe, visiting Berlin; Paris and Derby in England where she stayed in a renovated castle; and a visit to Fiji, en route.



BEN COOK



Ben Cook has achieved his goal of working as a general practitioner (GP).

After completing a six-year medical degree, Ben worked at the Royal Brisbane and Women’s Hospital before training as a family GP.

His goal was to work part-time so that he still had time to spend with his wife, Melinda – also a doctor – and indulge his passion for sports.

He now works part-time at a medical clinic at Banyo.

While he was once a keen rock climber, Ben’s rock-climbing mates have moved overseas so instead, he has taken up cycling.