



# The Fred Hollows Foundation

[www.hollows.org](http://www.hollows.org)

**MEDIA RELEASE**

**December 14, 2006**

## **Top CBD suit scales heights for sight**

On Boxing Day spare a thought for Stephen Lennard, 53, who will board a plane to Argentina to tackle nausea, minus 45 degree temperatures and the 6,962m high Mount Aconcagua, a peak that has beaten him twice already.

On trips to Aconcagua in 2004 and 2005 Lennard was forced to turn back from the summit due to altitude sickness and weather. Worryingly he describes the nausea and breathlessness as the easy part.

“Your energy drain and heartbeat goes up and your ability to take in food goes down. I went to my limit,” says Lennard.

There was a positive though - the 2005 trip delivered a remarkable side effect.

“I was a migraine sufferer for 20 years but when I went there last time I sort of broke through an internal barrier. I don’t have migraines anymore,” says Lennard.

Lennard is joint managing director of Crown & Marks, an executive search firm based in Sydney’s CBD. He is hoping that by leaning on a few corporate friends he can use his latest trip to help others, raising money for The Fred Hollows Foundation.

The Foundation carries on the legacy of the late Professor Fred Hollows, working to improve Indigenous life expectancy in Australia and to overcome avoidable blindness in the developing world.

Lennard’s own mother recently had a cataract removed, so he realises the difference such a simple operation can have on quality of life.

“She had a lens replaced and all of a sudden life is better for her,” Lennard says.

In developing countries the operation to remove a cataract, which takes only twenty minutes and can cost as little as \$25, is often out of reach, so many people are forced to live in needless darkness.

Lennard is covering the cost of his private trip himself with New Zealand’s Adventure Consultants. All money raised will go towards the work of The Fred Hollows Foundation. To make a donation and show your support phone Penny on (02) 8741 1927

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