



Dr. Adrian Bennett Cairns Jr.

MAY 8, 1934 - JUN 5, 2017



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Dr. Adrian Bennett Cairns Jr.

MAY 8, 1934 - JUN 5, 2017

Dr. Adrian B. Cairns was delivered to our Lord on June 5, 2017. He died peacefully surrounded by family after a brief illness at St. Tammany Parish Hospital. He is survived by his wife Cheryl (Cher) Ann Bourgeois Cairns, sons Adrian Bennett Cairns III, Roy William Cairns (Diana Cairns), Joseph Edward Cairns (Karly Rae Cairns), grandchildren Casey Murray, Catherine Redfield Cairns, Kristina Jean Cairns, Bella Ida Cairns, Sarah Elizabeth Cairns, and Kameron Joseph Cairns and great-grand daughter Olivia Murray. He is also survived by his brother Thomas Edward Cairns and his sister Mary Sue Cairns Lanaux. He is preceded in death by his parents Dr. Adrian Bennett Cairns Sr. and Mary Adeline Davis Cairns; his first wife, the mother of his children, Jean Wiggins Cairns; and his brother Robert Frederick Cairns.

A lifelong servant to family, medicine, community and philanthropy; his numerous contributions strengthened St. Tammany Parish at its core, leaving each of us with a stronger, more fortified place to live, work and thrive. His servant leadership and tireless generosity to those in need, will forever remain his legacy. His affinity for selflessness will go unparalleled.

Adrian was born on May 8, 1934 in Alexandria, La. His Father a General Practitioner and Mother a housewife, Adrian knew from the age of five he wanted to devote his life serving others as a physician. He noticed the doctors' arrival during house calls he made with his dad, seemed to make everyone a little calmer. He wanted to experience this personally. He attended Ella Delhonde School for one year and moved on to Newman High School, where he played the trumpet in the band and also played football. He was so talented musically, both Tulane and Loyola bands asked him to play with them, while still in high school. He went on to Tulane University, with a major in Pre-Med and completed his studies in just three years. He was offered a position in the lab working with Dr. George Burch and subsequently received top honors on his thesis work, prior to graduation. He interned at Philadelphia General Hospital and completed his residency in Iowa, with a focus on Otolaryngology. Adrian later joined the Army under the Berry



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Plan in 1959 and in short order, was sent to Fort Knox, Kentucky, serving as the Physician on base during the Vietnam War, working long hours ensuring our military was in tip top shape. While serving in the Army, he researched the effects of loud noises (gunshots and blasts) and its long term effect on the military. Shortly thereafter, all base recruits were supplied with earplugs to maintain their hearing while defending our country during wartime.

In 1966, Dr. Cairns returned to New Orleans to practice with his father on Canal Street. He operated at several hospitals, including the EENT hospital, East Jefferson, Mercy, Touro, Baptist and the (then) Metairie Hospital. His service to others was not limited to his medical practice, rather he also maintained a presence on several Hospital Boards. He was Chief Surgeon for several years and Medical Director for one year at the local EENT Hospital. He simultaneously held a thriving practice, served on boards and also taught EENT Surgery courses at Tulane University Medical School, in the Department of Otolaryngology, for several years.

Upon moving to Covington in 1983, he joined the staff of St. Tammany Parish Hospital, where he served on the Board of Commissioners for ten years. He was asked by Chairman, John Evans to start a foundation to ensure ongoing support for the world class health care provided by St. Tammany Parish Hospital. He worked diligently with like kind community minded individuals such as Pizzie Romano, Richard Knight and Harry Warner in creating the now established St. Tammany Hospital Foundation. In 2003, he became the first Chairman of the Board and served in this capacity until 2008. In 2009, the title "Chairman Emeritus" was conferred upon him and he served the STHF Board of Trustees until his death.

Not to be outdone, Adrian was an avid aviator, art collector, world traveler, committed church member, community connector, story teller and a fond, frequent visitor to Indian Reservations offering alternative healing methods for those he loved. He purchased a feather box for his Medicine Woman mentor Nakai Breen, for her to place her feathers in as part of her rituals in healing and wholeness. He still has this box. He believed in both traditional medicine and alternative modalities in healing and made great friends with those on the Indian Reservations he frequented. He will probably be most remembered for his love of aviation, his sky high acrobats and the sheer joy he exuded in doing so. At one time, he owned three planes and flew each of with diligence, unleashed creativity and complete elation.

Adrian Cairns greatness was obvious, difficult to articulate and nearly impossible to eulogize. He had an amazing capacity for learning, service and friendship. Friends became patients & patients became friends. He was a neighbor who when necessary became the tireless good Samaritan for



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the community. The days ahead will be filled with Adrian's stories. Memories not only for his good work, but also for his enthusiasm. Everything looked better under the light of his caring warmth. Our recollections of his joy and care offer one way to fill the towering void he leaves behind. Another way to honor Adrian is to take care of each other...

A service of Celebration of Life will occur on Saturday, June 10, 2017 at E.J. Fielding Funeral Home, 2260 West 21st Street Avenue, Covington, Louisiana 70433. Visitation will be from 12:00-2:00, with the service ensuing immediately thereafter. An opportunity for words of witness for all will be provided to share cherished moments of our lives with Adrian.

In lieu of flowers, it is Adrian's deepest desire that all would give to St. Tammany Hospital Foundation at: www.sthfoundation.org.



Events

Dr. Adrian Bennett Cairns Jr.

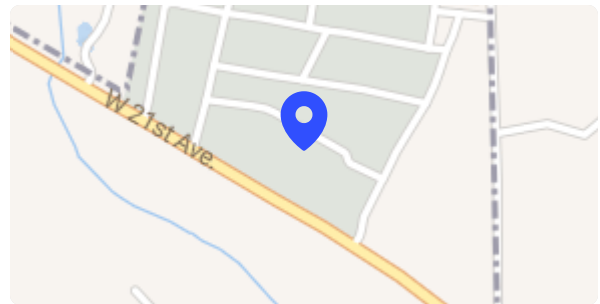
MAY 8, 1934 - JUN 5, 2017

Visitation

 **Saturday**, June 10, 2017

 12:00 PM - 2:00 PM CT

 **E.J. Fielding Funeral Home & Cremation Services**
2260 W 21st Ave, Covington LA 70433

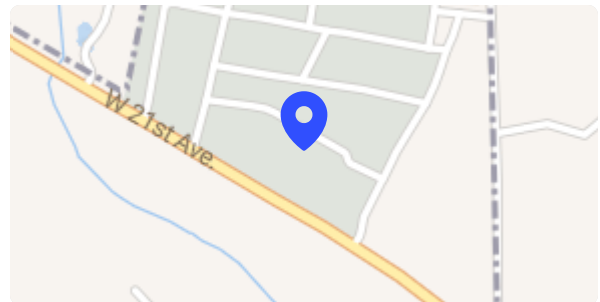


Memorial Services

 **Saturday**, June 10, 2017

 2:00 PM CT

 **E.J. Fielding Funeral Home & Cremation Services**
2260 W 21st Ave, Covington LA 70433





Tribute Wall

Dr. Adrian Bennett Cairns Jr.

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E.J. Fielding Funeral Home & Cremation Services shared a **Tribute Video**.



June 9 at 12:25 PM



Phillip Tindell Wertz posted:

Dr. Adrian was my ear nose throat Dr when I was young. He took me flying! Twice! He was a long time family friend and he was also there for me when my Mom passed away. He was very compassionate and I wish I had another chance to speak with him. My deepest condolences to his family. Thanks Doc!

December 27 at 7:53 AM



Cherith Rose-Glane posted:

Visiting this website for my father Vincent Rose's tribute page, I was surprised to see that "Uncle" Adrian had recently passed. I knew him many, many years ago, and always enjoyed his company, generosity, and he and Cher's hospitality. My heart-felt condolences to all the Cairns family.

June 24 at 4:29 PM



Ann Lacoste-Maggio posted:

I first met Adrain at East Jefferson ER when my oldest son was kicked in the face by a horse. He entered with Motor Cycle jacket on, helmet in hand and a smile. He and my son hit it off. For many years he treated my family. We would see each other around every now and then. He was a God send. He energized a room with his presence and made everyone immediately feel at ease. God bless your family. RIP Dr. Adrian Cairns.

June 19 at 5:22 PM



Susan Tufts posted:

So sorry for the loss of Dr. Cairns. He was kind, gentle and compassionate. He put the first set of ET tubes in my oldest daughters ears 32 years ago. He used to make a funny face on a tongue depressor after a visit and give it to her! What a doll! Thank you for being in our lives so many years ago. Many sympathies and prayers to his family.

June 12 at 5:48 AM



Tribute Wall

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Hilda Laurent posted:

I will miss you much! I am so privileged and blessed that I got to know this sweet man, Adrian. I'm really going to miss our bible studies together. My thoughts and prayers to the family. Hilda Laurent Sanchez

June 10 at 4:17 PM



Richard Warner posted:

So sorry. Good memories of a bunch of us going for daily lunch at Goodbee years ago. Four of those guys, Benny, Dennis, Sam, and now Adrian are having lunch together in a better place. Adrian used to tell us airport bums, "if you need to see me, call the office and tell the receptionist it's my psychiatrist calling and I'll know it's one of you guys". Once when I broke some ribs, I asked Adrian what I could do to help with the pain. He said: "Don't cough, don't laugh, and if you can do it, don't breathe either and then laughed". Good guy will be surely missed at Covington Vincent Airport.

June 10 at 8:56 AM



Timothy Slater June 26 at 3:23 PM

Adrian, a classmate, many years back was always a kind friend,...always up a broad smile for everyone. You will be missed



Cyndy Bryant June 10 at 11:18 PM

Dr. Cairns was such a dynamic and kind friend to so many. He will be greatly missed. Condolences to those left behind.



Sandra Field Lee lit a candle in honor of Adrian.

Dr. Cairns took care of me and Jonathan during some trying times. He is deeply loved and appreciated!! Love, hugs, and prayers for Cher and Dr. Cairns family!! May God bring comfort and peace to those who mourn.

June 10 at 7:35 AM





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KS

Kathe & Roy Shinn posted:

One of fondest memories was when we lost our dear Bob, a quacker parakeet. We buried him in our backyard. My husband was in tears and built a little cross & hung his favorite toy on it, a bell. Adrian came over with his Indian garb on and blessing tools and sang and danced and chanted Indian blessings on us. What an experience! Will miss him terribly. I was blessed to be with him the day he passed and spread holy water and massage his feet. A few days before I had visited, and he used to always kiss me three times and say "Was I Finished yet? " The last time he spoke to me, I kissed him 3 times and said " Were you finished yet?" I left him laughing.

June 10 at 6:21 AM

HM

Harold Moore posted:

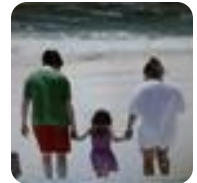
My condolences to Cher and family.He was my good friend .RIP

June 10 at 6:16 AM

DC

Diana Cairns shared a photo to the **Tribute Wall** album.

One of our favorite places to take Adrain was the beach. He loved being there with family and that was one of his favorite places to go. He loved walking in the early morning with us and sitting under the umbrella with his floppy hat and sunglasses. He enjoyed a good solo cup of wine on the beach with his toes in the sand and telling good stories.



June 10 at 5:41 AM

RP

Richie Privette posted:

Adrian was my Father's fraternity brother at Tulane and his doctor. He was a great sense of comfort to me and my family when my Dad passed away years ago. We will certainly keep all of the family in our thoughts and prayers.Richie and Marla Privette & Family

June 10 at 5:17 AM

GG

Gayle Graybill posted:

The best hugs, always made me feel better. Trusted him always! Dr Adrian, you will be sadly missed but fondly remembered.. I'll have a Sangria in your memory.Gayle Graybill

June 10 at 3:11 AM



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DM

Dale Messina posted:

MY HAT IS OFF TO YOU DR. CAIRNS..... In the early years of my BAD EARS, you were fantastic!!!!Didn't know you were a pilot but when I was 8 years of age you were my idol. Loved the bike you came to work on. Thought of you just the other day. I remember my dad wanted you to confirm his cancer. Hadn't seen you in about 25 years but when you saw me you hugged me like a long lost dad. May the Good Lord love you Dr. Cairns. I was so fortunate to have known you. Thank you and love you,Dale D. Messina

June 9 at 11:43 PM

DC

Diana Cairns shared a photo to the **Tribute Wall** album.

My daughter shared her favorite picture of her grandfather with us at Buster's. He loved a good poboy!



June 9 at 8:22 PM

AK

Arthur Kilian posted:

Adrian loved to take people to fly. He gave my dad his first ride and his grandson would bring his dates for plane rides. You will be missed dearly by him. Adrian...Art said "let's do another barrel roll".

June 9 at 6:11 PM

CM

Carla Marks posted:

DR.. CAIRNS , SUCH AN AWESOME ,PERSON , PRAYER S FOR THE FAMILY LOVE THE ARTICLE WHEN HE HAD AN EMERGENCY LANDING ! On The Beach ! Love Carla

June 9 at 10:47 AM

DI

Diane lit a candle in honor of Adrian.

I do not know Dr. Cairns, but if he was anything like his son Chef Joe Cairns he was one awesome person.. May you R.I.P. Dr. Cairns.. I know you are dancing with the angels and spending time with our Lord and telling him a lot of awesome stories :-)



June 9 at 9:12 AM



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KL

Kathy Ledoux posted:

Adrian had a good personality and a kind heart. When I would see him at the grocery or at church, he always walked over to me and asked me how my family was doing, and his concern was genuine. I'm glad that I was blessed to know him and I will miss him,

June 9 at 5:47 AM

BT

Becky (Odom) Johnson Thurman posted:

Prayers for the family! He put tubes in my 2 year old son's ears when they didn't want to do it that early!! He was awesome!! That was back in 1988. Awesome man!!Becky Odom Thurman

June 9 at 5:02 AM

MB

M.Bertucci lit a candle in honor of Adrian.

Such A Wonderful Doctor And Loved By So Many People.. My Thoughts And Prayers To His Family And Friends For Peace And Comfort During This Sad Time ...

June 9 at 2:41 AM



RO

Randy Ortega posted:

I know Adrian is in heaven piloting his plane and giving joy to everyone he meets. He was always a joy to talk with and so supportive in tough times. He will be missed by his many friends. God bless you and your family. The Ortega/Benny Dupuy family.

June 9 at 2:06 AM

GR

Gwen Richoux posted:

He was a great dr . So sorry for your loss The Richoux's

June 9 at 12:00 AM



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JD

Jo Dupre posted:

My fondest memory is when he wore a tutu in an United Way Amateur Fun night. I was a bag lady. The contest was rigged as he was supposed to win, but I stole the show. He was a wonderful bright light in this world and I will surely miss him. So sorry for his passing. I know he will liven up Heaven! Sending prayers and light. Jo Dupre

June 8 at 6:38 PM

AP

Amanda Pearson posted:

What a great loss!! He was such a great doctor. I remember him always easing me when I was a little girl at my appointments with him by showing me how to juggle, making me laugh and showing me all of the planes around his office. It was nice reading about his life and what a great man he was. Prayers to the family ❤️

June 8 at 6:06 PM

KR

Kathy Rodriguez posted:

I met Adrian 50 years ago while working in the operating room at the Eye, Ear, Nose and Throat Hospital. He was a mentor to me during my nursing education and early nursing career. He instilled in me a love for the OR that I still have. He was such a special man.

June 8 at 4:42 PM

MC

Michelle Cramer posted:

My parents & grandparents were patients of Dr. Cairns. I fondly remember going with my mom to her appointment and before he was helping her, he handed me three balls and attempted to teach me how to juggle. This was great because it kept me well occupied while he carried on with his examination. He always kept the children interested & busy during appointments. Lovely man.

June 8 at 4:13 PM

JL

Johnnie Lynn Letsch posted:

Dr. Cairns was one of the finest men and physician I have had the pleasure of knowing. He was not only my physician, but my children's, my Mothers, my sisters and her children's. God Bless him and his family! The Letsch and Danenhower Family.

June 8 at 4:00 PM



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JF

Judy-Lynne Feilden posted:

Dr. Cairns was the best doctor I ever had, I knew I'd be feeling better as soon as I left his office. My children loved him too. I loved watching him fly his plane around the skies of Covington. He will be missed. Rest In Peace, Dr. Cairns.

June 8 at 3:44 PM

TB

Tom Buell lit a candle in honor of Adrian.

I remember him visiting me while I was a patient at St.Tammany Parish Hospital.A TRULY caring individual and a man dedicated to our parish hospital.My prayers of comfort to his family may he Rest In peace so well earned.



June 8 at 11:06 AM

VC

Valerie Cairns posted:

Kind, caring and loving, Adrian will always have a special place in my heart. Comfort and peace to you Cher, Ben, Roy and Joe in this difficult time.Love, Valerie

June 8 at 10:26 AM

LC

Laura Creighton posted:

My heart aches... We've had so many wonderful memories shared with this special man and his beloved, Cher! He always had time or made time and everyone, he has a heart the size of Texas, always giving, always a beautiful smile on his face and he was a true hugger - he's a two arm hugger!! Until we meet again Adrain, go and enjoy flying through the clouds and do all the inverted loops you can stomach, as I once had the pleasure of doing that with you, here on earth! You will truly be missed... Sincerely, Laura Creighton

June 8 at 7:35 AM

DB

Debbie Byrd posted:

He had the best bedside practice. He would help you turn the patient, also would help the nurse change the bed linen. Truly a kind soul always.Great person and doctor. Debbie Byrd

June 8 at 6:49 AM



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DB

Debbie Byrd sent a virtual gift in honor of Adrian.



June 8 at 6:46 AM

RB

Ronda Behrens posted:

I will never forget Adrian! He was such a caring and loving doctor who carried my then five year old daughter to the operating room to have her tonsils removed. He made house calls when my children and I were terribly ill. He was the most wonderful doctor I have ever known. Heaven has a new angel and we will miss you, Adrian! Ronda Behrens

June 8 at 6:09 AM

LL

Lauren Lindsay posted:

Adrian just lit up the room with his positive energy. He did so much for so many and will be greatly missed. Cher, we hold you and your family closely during this tough time. Please let us know how we can help you during this tough time.....Lauren Lindsay

June 8 at 5:14 AM

DB

David Brumfield posted:

A great leader in our community and the medical field. He will be missed in the halls at St Tammany Parish Hospital. May he rest in peace. David Brumfield Past President STPH Volunteer Guild Family

June 7 at 10:05 AM

LM

Lucy Meredith posted:

Adrian, you were such a wonderful presence in all our lives. Will miss you. May God be with your family, comfort them and hold them close. RIP dear friend. Lucy Meredith

June 7 at 7:08 AM

RD

Ruth Dunne lit a candle in honor of Adrian.



June 7 at 1:11 AM



Tribute Wall

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Jeff Sims posted:

Great man and friend. Engaged in thoughtful living until the very end. Covington has lost a faithful son!

June 6 at 12:13 PM



Media

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E.J. Fielding Funeral Home & Cremation Services shared a **Tribute Video**.

June 9 at 12:25 PM





Media

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June 10 at 5:41 AM





Media

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Diana Cairns shared a photo to the **Tribute Wall** album.

June 9 at 8:22 PM





Memories only last if you share them

Join us in honoring Adrian by contributing to a collection of shared memories.



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